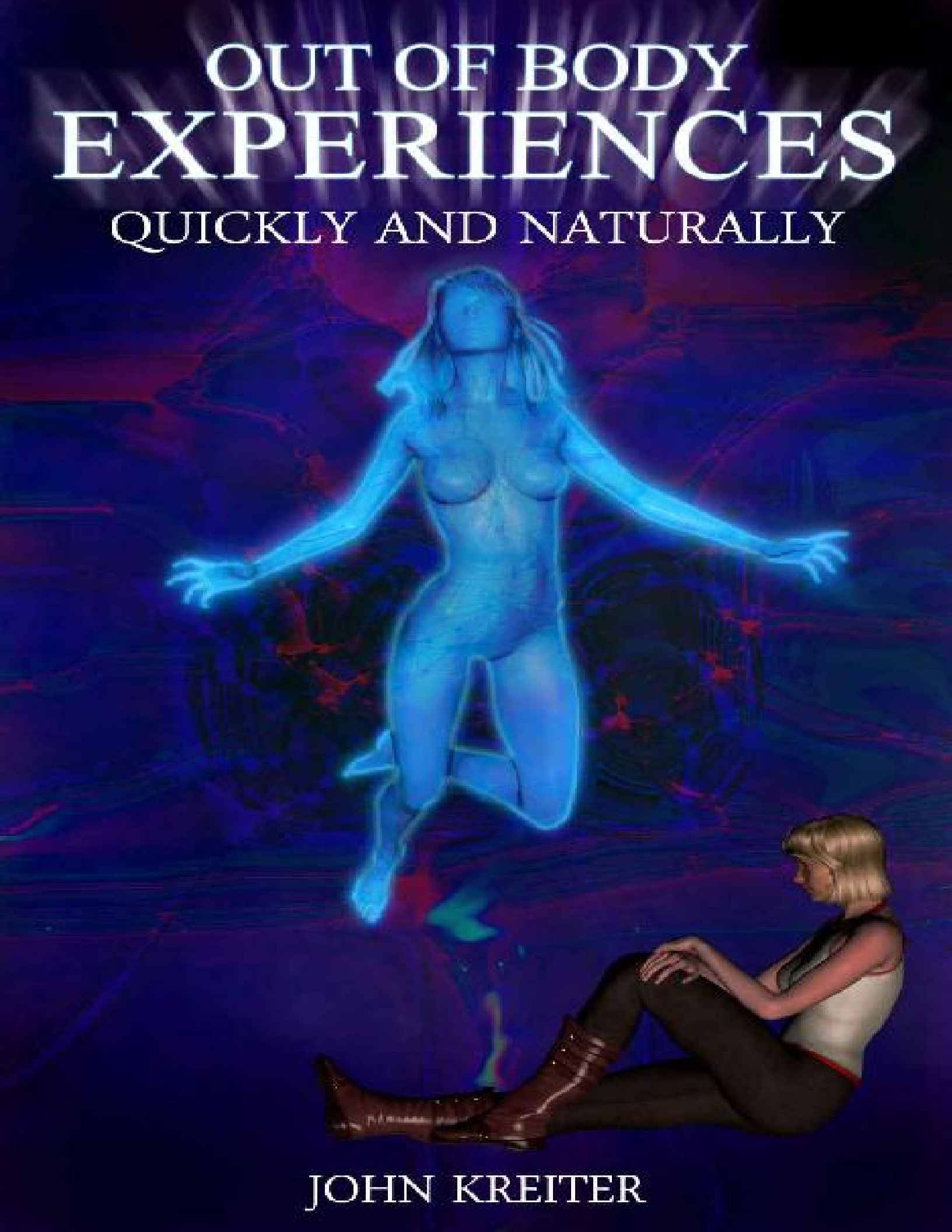
OUT OF BODY EXPERIENCES

QUICKLY AND NATURALLY



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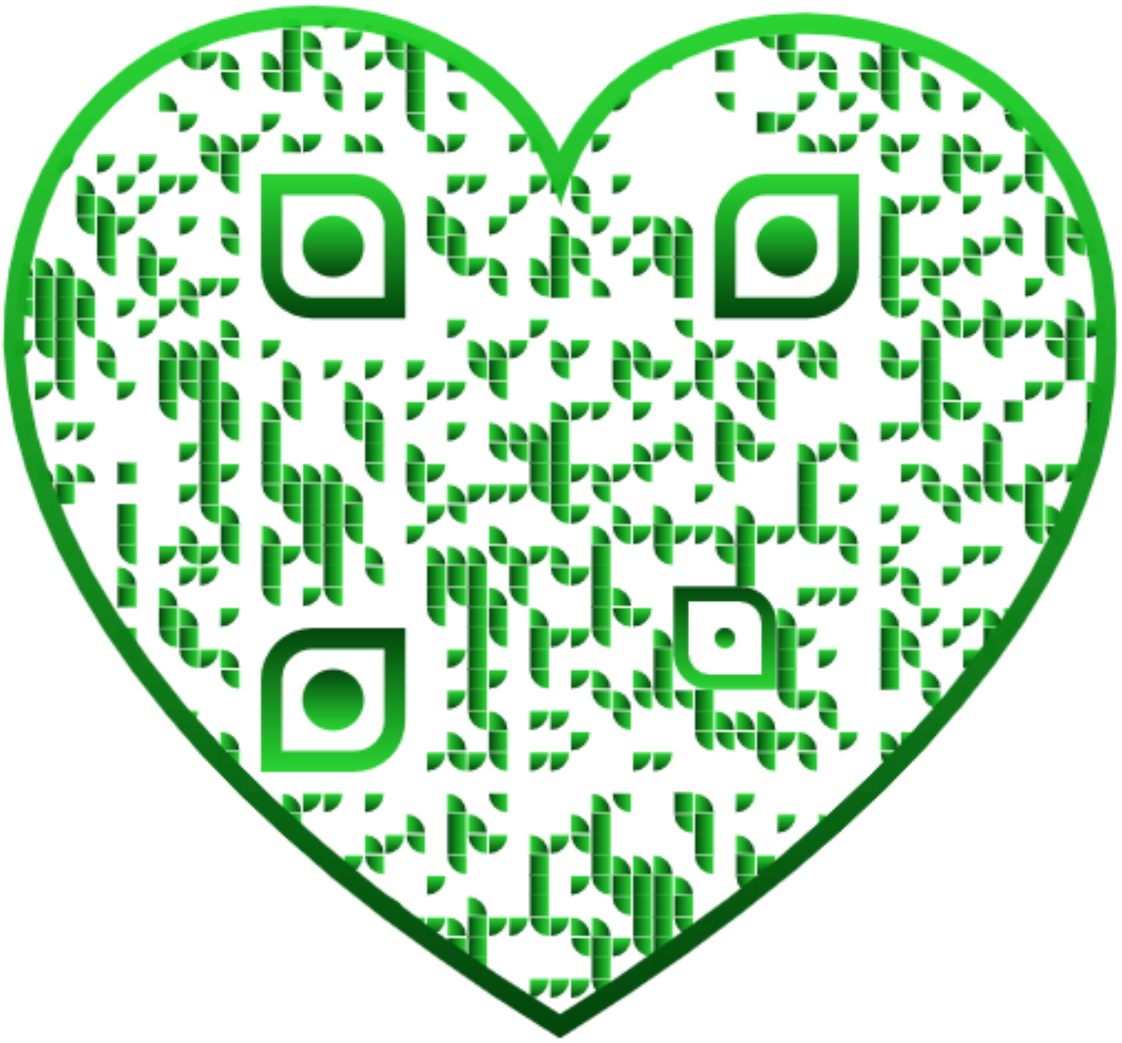

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Introduction

This universe is infinitely large. NASA regales us with amazing photographs of a seemingly infinite cosmos where our planet is but an insignificant blue speck within a giant galaxy, spinning about in a universe made up of billions and billions of other galaxies.

In this seemingly infinite universe we look around, with our limited perceptions, and see a world full of objects. Even though science tells us that our senses can only pick up a very small slice of the electromagnetic spectrum, we still find it hard to believe that there is more to the world around us than what we see, hear, touch, taste, and smell with our physical senses.

Our senses make it very difficult for us to imagine a world that does not follow the kind of linear and mechanistic laws that we so take for granted. Because of this inability to believe that there can be more out there than what we are currently perceiving, we define our universe as a cold and sterile place, full of hard atrophying objects, and contemplate the possibility that we are the only intelligent sentient beings in the cosmos.

And yet, if we were to perceive just a little more…

If we could find a way to break free from the limits of our physical natures, we might realize that we are all, surrounded by a world beyond description. We might discover that the universe around is actually so full of nameless wonder, in any direction that you would care to look, that in some ways you could say that we live surrounded by infinity. But infinity is a terribly scary thing, a maddening thing.

So as a species we have worked out a wonderful way to overcome the barbaric sight of it; we have narrowed the scope of our perceptions little by little, over thousands of years so that now we do not remember a time when man was not a physical thing; a thing inside a box surrounded by other hard things.

This book is about finding a way out of this object filled world, so that you are able to go beyond the physical limitations that we currently take so much for granted. In order to break free of the type of hypnosis that binds our consciousness, and in order to break free of the object filled world that leaves us feeling cold and apathetic, this book will show you how to break free from the most constricting object of them all:

Your Physical Body

Doing this is no small task, and yet having an Out of Body Experience (OBEs) is a relatively easy thing for us human beings. I think that you will be very surprised at how easy having an OBE can be!

The biggest issue actually is getting a person to try the techniques presented and to persist in applying these techniques until a breakthrough in awareness is achieved. Interestingly, such breakthroughs can happen very quickly. If you follow the procedures outlined in Chapter 3 and in Appendix B, you could begin a journey in minutes!

After this breakthrough, the practitioner is quite often amazed at the simplicity of the techniques required and at the power of their own minds to go beyond preconceived limitations.

I would actually say that the biggest obstacle to learning to have OBEs, using my methodology at least, is overcoming limiting beliefs. This is so because beliefs are such an important aspect in any human endeavor; they are the underlying order, the axioms, upon which we structure and develop our reality.

The process of teaching a person to have an OBE using the techniques described in this book, begins with the task of trying to provide that person with a way to expand current limiting beliefs so that they can accept, at the very least, the probability of a new possibility. The only real way to do this in my opinion, is to offer the mind a new world view that it can contemplate on its own time in a natural way. Such focus of attention on new possibilities naturally begins to expand the mind and creates the groundwork for new beliefs and therefore new actions.

As such, you will notice that I have dedicated a lot of pages to giving you as much information as possible on what an Out of Body traveler encounters and has to deal with in his or her journeys. This material is very important, so I do my best to present this information from different perspectives using different terminologies. While I do believe that you will find this information to be highly exciting and unique, I did not want to bog this book down. I wanted to create a book that you can read and use to have Out of Body Experiences yourself quickly.

As a compromise I have taken the lump sum of this material and placed it at the back of the book in a section entitled Appendix A. It is my hope then that you are able to get a quick idea of what my OBE techniques are all about so that you can start partaking in these amazing journeys quickly yourself. As time passes and you have questions, or find that you are having trouble instigating these techniques because you can't bring yourself to believe that such things are possible, you can then in Appendix A read further about the mind warping laws that make Out of Body travel so astounding.

In this book you will discover a complete methodology that will allow you to begin the greatest human journey possible. You will find out how to exit your physical body and leave behind all the limitations that this physical realm imposes on all of us. Free of these limitations, you will be able to explore all the things that you have ever wanted to know about in this physical world, and beyond. You will also be able to travel into the inner realms where

you will come face to face with the ‘Dark Sea’. The Dark Sea is a term that I have borrowed from Carlos Castaneda, I think that it is the most accurate and evocative name for the infinity out there that unites all possible realities.

By traveling through the Dark Sea you will also able to explore new dimensions that are host to alien worlds and life beyond description. Those worlds and the life to be found on them, by the way, are as real and as varied as anything that you could find in this reality.

The processes presented in this book are natural and as such far easier than the techniques expounded in other books on the subject of Out of Body travel (at least far easier than the techniques in any book I have ever read).

These methods do require that you train the focus of your attention and that you have the patience needed to sustain long internal journeys. Training the attention can be challenging at first if you don’t have prior experience in this because many of us are not used to corralling our drifting minds, but in this book you will find that it does not have to be a chore. You will see that the techniques employed here are actually quite fun and provide a wealth of stimulus to keep the mind occupied at all times.

The refinement of your attention in order to develop, maintain, and deploy your consciousness beyond the confines of your physical body will change your reality forever!

“We are men and our lot in life is to learn and to be hurled into inconceivable new worlds.” ― Carlos Castaneda, A Separate Reality

CHAPTER 1

A Few Points Before We Start

While some believe that human consciousness, or the spirit if you like, can leave the body and travel to distant places, many others believe that it's all in your head. I would personally think that while there seems to be more believers in OBEs now than there were in the past, this shift in belief by a large segment of the population in the West has created very strong rivalries between believers and non-believers. These divisions seem to have fueled great debates that have an almost religious fervor at times.

There have been a number of very interesting studies done on people that claim to be able to have Out of Body Experiences or that have had near-death experiences[1]. These studies, in my opinion, go a long way in proving the validity of these experiences, and the consciousness's ability to seemingly step outside of the body on certain occasions. Skeptics, using their own belief systems (which they refer to as undeniable fact) find many holes in these studies. It is the case then that skeptics will most likely always be skeptics, until they perhaps have undeniable experiences of their own, and believers will always face a backlash from those that worship (instead of practice) the new materialistic religion that they like to call science. Perhaps the scientific establishment will one day accept the veracity of study upon study that points to the great flexibility of human consciousness. I would not hold my breath.

If you have read my other books, then you will know on what side

of the fence I stand in the whole Out of Body issue:

I believe that the belief that some hold, that human consciousness in trapped within a cold mechanical object filled world is quite literally delusional; a type of societal and self-imposed misconception that has become so entrenched in the modern Western mind that to doubt any of it now would seem like insanity to most.

I personally have experienced too many things, including OBEs, to doubt the existence of the paranormal, and find it quite difficult to understand sometimes how so many believe that there is nothing more to reality than what we can experience with our (very limited) human senses; senses that are only able to pick up a very tiny fraction of the electromagnetic spectrum.

I have gone into great detail about this in my book The Paranormal Experience, and will leave it up to you if you wish to look deeper into this subject. Please note that you don't need to read that book in order to get the most from this one as I have tried to make this book as all-inclusive as possible.

However, I am not someone that likes to take up the debate, I don't want to participate in any argument about what is and is not possible for human consciousness. I also do not like to take a cheeky approach and drivel on about a certain topic, expounding the benefits and the possibilities of a certain paranormal view without ever feeling the need to justify my dissertations.

As I have done in my other books, in this book I will provide concrete actions and techniques that anyone can use in order to have Out of Body Experiences quickly and easily, so that they have a chance to find their own truth.

What you might find surprising about this book is that I will show you a different way to achieve the Out of Body state. The techniques that I will show you here are easy to implement because they use the natural tendencies of human consciousness. The techniques that I will be presenting work with the natural flow of consciousness instead of against it and therefore do not require long boring exercises or the ability to somehow wake yourself up in your dreams.

In order to present these techniques properly, I will need to also provide background information on the nature of human consciousness and the subjective experience in particular. I believe that the presentation of this information is crucial because it will:

- Allow you to begin to explore your own beliefs about what is possible and in this way enable your mind to quite naturally explore greater possibilities.

- Give you concrete reasons as to why this type of ability (being able to project your consciousness beyond the confines of your body) is so natural and can be so beneficial to your growth.

- Provide you with the operational data that you will need in

order to navigate and prosper in a wholly new environment.

- Allow you to have a sense of what is possible so that you have a benchmark that you can then strive to attain in your own journeys.

The mind needs answers and I endeavor to provide these as best I can so that it is able to grasp the significance of what it is possible and what it is about to do.

Before I even begin to get into the core of the matter, as it were, I find it necessary to make a few points clear.

The points I make are not made to try and scare anyone and certainly what I am about to mention has nothing to do with the possible evils that many people tend to equate with Out of Body travel and paranormal investigation in general. Your consciousness is far more powerful than you suspect and has the ability to be far more flexible than you are currently letting it be. In other words, your consciousness is inherently protected and there are no devils or evils out there that can harm you as long as you conduct yourself with a modicum of common sense.

We are all powerful beings who unfortunately have been taught to settle for a very limited slice of the reality pie.

Before We Get Going

The first thing I want you to realize then is that the first obstacle to conscious expansion and to Out of Body travel is fear. Fear is a very real thing when you are traveling Out of your Body. I consider myself to be a person that is pretty hard to scare, but some of the things that I have seen while traveling Out of the Body have on occasion scared the daylights out of me. These fears are not fears of impending personal catastrophe or something like that; they are more like feelings of being utterly overwhelmed by the sheer vastness of it all. The only feeling that I think comes close is the feeling that you get when you stand before an impending storm; seeing those massive cloud structures as they unrelentingly roll towards you, so beautiful and yet so brutally overwhelming, as you realize just how insignificant you are.

But you can overcome this fear by trusting in your own inherent power, and knowing that your Double Body (which I will show you how to create in Chapter 5 cannot be crushed like a simple porcelain doll. Your traveling consciousness has great resources at its disposal and can protect itself during its excursions beyond the flesh. Besides this inherent protection, I will also provide you with techniques that will allow you to circumnavigate any obstacle that you might face.

If you can overcome the very first and most difficult obstacle which is fear, you will need to keep in mind that the road towards conscious expansion, the road towards Out of Body travel, takes some effort. While the methods that I am about to point out to you in this book are pretty easy, natural, and can be done by anyone, they do require that you take the time and effort to do them in a consistent basis.

You can think of it like taking a night course; so that instead of learning how to sew or fix a car for example, you will be learning how to project certain portions of your conscious ego beyond the confines of your objective physical reality. Just like a course in sewing or mechanics, this course will provide very practical benefits. These benefits will not seem as objectively real and practical to you at first, certainly being able to sew properly would seem to be far more practical than sitting around daydreaming or napping, but as I will point out in our exploration of the subjective experience and Out of Body travel, what you are learning here can truly be life altering and therefore highly practical.

The second basic thing you must realize is; Out of Body practice takes some effort and getting good at it won't happen overnight. This practice has great benefits to you personally because it will provide you with direct knowledge in many areas that you might be wondering about. It will open up the universe to you so that you can explore realms that are truly magical and often

times beyond words.

As you practice the techniques that I will be showing you, and as I speak to you of about the intricacies of your own subjective reality, you might begin to question your personal identity. It's a completely natural reaction to feel small as an individual self when you begin to realize that there is an infinity all around you.

As we explore the Out of Body Experience and the expanded liberty of consciousness that it makes available to us, there are times when you will be engaging in perceptions and ideas that might seem beyond the realm of sanity. Schizophrenia, for example, will take on a new meaning when you look down at your resting physical body and you realize that your consciousness does not reside in your body as much as you think it does, and that you can experience more than one individual 'Here and Now' perspective at a time.

Those who fear their greater reality therefore might see demons and ghosts, and fear that they will be somehow destroyed or overcome by a greater evil, that supposedly lurks everywhere. This is not the case; you are an incredible multifaceted being that has the ability to be much more than you might now suspect. Life becomes a constant adventure and there is a deep inner joy to be found when you begin to let go of the prisons that you have created for yourself.

The third thing that you should know is that things might get weird; a part of you might fear that you will lose yourself

within a greater reality. But while such fear is healthy because it allows you to rally energy, it is not helpful in the long run. Know that you yourself cannot be destroyed, that the person that you are now cannot be overshadowed, that you can trust in greater aspects of yourself to keep you safe because the you that you are can never be terminated.

Finally, I must point out that Horatio was right, there are indeed 'more things in heaven and earth than are dreamt of by our philosophy'. What I am trying to say is that there are indeed worlds apart out there, and within those worlds there are beings that exist just like we exist in this one; beings that we would consider truly alien. When you begin to explore other dimensional planes, these other forms of life become far more apparent and it is possible that as you participate in the Out of Body Experience that you may come in contact with some of them.

My final point in this chapter then is that you will quite possibly come in contact with what can only be considered alien life.

I wish to make these points here because I think it is my responsibility to outline what you might experience if you wish to take this book seriously and practice the techniques that will be presented within. It is not my desire to have you flee in terror; I just want you to understand from the outset what the Out of Body

Experience is all about, so that you find no surprises that could scare you into quitting this fantastic journey once you have started.

As far as it goes, do realize first and foremost the ninety-nine percent of the scary things that you might find out there will actually be of your own creation. If you have read any of my other books on servitor creation then you will know about the great power of thought; thoughts are things, especially in the inner realms.

Do not worry about these thought forms though, because in this book I will show you how to overcome these negative self-created entities that you MIGHT encounter. With the method that I will be showing you, you will even be able to find out if what you are experiencing in your voyages is a self-created thought form or actual foreign energy.

Knowing that a certain internal event is self-created (as most personal devils are) can be incredibly freeing psychologically and I think you will be very surprised to see just how much of the negativity that you experience is actually stuff that you have imposed upon yourself. Overcoming this stuff that you have imposed on yourself will then be easier than you suspect and will allow you to truly enjoy the great vistas and amazing perceptual wonders that you will be a part of.

If you are lucky enough to run into the amazing variety of, for a lack of better words, “alien life” out there in the vast cosmos, I think that you will be very surprised to see that most of these

experiences are incredibly rewarding. It is truly like walking into the ‘Mos Eisley’ cantina in the first Star Wars movie; there are certain aliens you want to stay away from but generally speaking the sheer diversity and wonder of it all is worth any possible fright that you might experience. And yes I will show you how to deal with any actual alien life that you might encounter in your travels as well.

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[1] http://www.near-death.com/science/evidence.html

http://journal.frontiersin.org/article/10.3389/fnhum.2014.00070/full

https://en.wikipedia.org/wiki/Out-of-body_experience

CHAPTER 2

Fun Times with Great Grandma

If you remember, in the last chapter I said that I believe in the power the mind to be able to leave the physical body. I said that I believed in Out of Body Experiences because I know that we don't live in a cold mechanical world filled with objects.

You might be wondering first of all how I justify my beliefs, and second of all how these beliefs pertain to the Out of Body Experience?

Well, I have justified my beliefs the only way that I think truly matters; by having these experiences myself. Up until the time that I had my own OBEs, I think that I had similar notions to most people that believe in the power of the human mind:

I truly believed that it was possible for some people to have an Out of Body Experience, my big problem was that I personally could never have one, at least not one that I was consciously aware of.

I have now come to realize that I was far luckier than most in some respects because from a very early age I had been able to see what a person who mastered some these powers was capable of. I had the wonderful fortune, even though at the time as a young boy I considered it to be an incredible misfortune, to have grown up with a great grandmother that was able to do some amazing things.

One of my great grandmother's greatest tricks, one that filled me with equal doses of fear and wonder, was her odd ability to on occasion be in two places at the same time.

A Typical Day in My House

My mom and my little sister are in the kitchen and I am playing alone in the living room. The rooms are interconnected by an open doorway so my mom can keep an eye on me. I am nine or ten at the time and have few worries in the world, aside from perhaps my very scary great grandmother.

Because we lived in a Spanish colonial house, most of the rooms in the house opened up into a central garden area which had a paved central area with a lovely garden all around it. The doors in each room that fed to this central courtyard were almost always kept open so that we could take advantage of the coolness and the sweetly scented air coming in from the garden.

These were wonderful happy times, for the most part, for me and my sister because the house provided a natural fortress-like environment that allowed us to play undisturbed in our own private garden. And this was a particularly nice day because my great grandmother was out of the house visiting my great uncle who lived a short distance away.

Don’t get me wrong, I loved my great grandmother, I just lived in fear of all the crazy things that happened when she was around.

She had the deeply disturbing ability to completely alter my reality by doing things that I thought were, even at that early age, impossible. My mother, who is a total skeptic of anything paranormal (and highly stubborn to boot) found it especially hard to deal with my great grandmother, so the battles that often ensued between them were, in retrospect, quite hilarious. The usual outcome was that my mother would turn a blind eye to my great grandmother's magical antics while stubbornly maintaining her skeptical stance. The comedy of it all might escape some but I can tell you that for some absurd reason it was deeply funny to the rest of the family watching my mother deny the existence of anything paranormal as a glowing orb shot past her head.

Anyways, during this typical day, as my mother and my sister were cooking in the kitchen and while I played in the living room, we all prepared ourselves to engage in a ritual that took place anytime that my great grandmother was out of the house.

It would invariably happen that whenever my great grandmother went for a stroll out of the house, another aspect of her would stay behind. This other aspect usually manifested itself in distinct and yet undeniable sounds of her walking up and down the central courtyard of the house.

My great grandmother at this time was in her nineties and would only wear what are now colloquially referred to now as Laura Ingalls shoes, which were a type of laced shoe with a hard heel. Even though my great grandmother was quite spry and agile, she

would invariably drag her heels on the concrete surface of the courtyard when she walked there. This sound was very distinct, loud, and could clearly be heard from any room in the house.

So during this typical day, it was invariably the case that a while after my great grandmother left the house, we would start hearing the sound of her walking up and down the courtyard. This was a very distinct and loud sound that was heard by everyone in the house: my father heard it, my grandmother (my great grandmother's daughter) heard it, my mom heard it, my sister heard it, and I would hear it.

Upon hearing the noise, my mother would call from the kitchen, “John is your grandma outside!?”

I would run out of the living room, through the kitchen and straight out into the courtyard, and would always run right back in screaming, “No mom, it’s not her!”

“Is the front door of the house locked?”

“Yes mom.”

“Is the big post on the door?” The outside door would usually have a large wooden post placed across it, which I loved because it was like living in a castle. This post made it impossible for anyone to get into the house even if they had a key to the front door; it was high up and heavy so, as a child, I could not budge it on my own.

“Yes mom.”

“Alright, go play.”

“Yes mom.”

The noise would always stop the instant I ran out into the courtyard and would start back up again a few minutes after I was back in the house, at which time we would go through the same ritual again. It got to the point that I was no longer scared of the noise because it would happen over and over again. My sister would roll her eyes as I walked back into the kitchen as I told my mom once again that there was absolutely nobody in the courtyard.

I honestly could not blame my mom for her persistence, you must understand this was an incredibly distinct sound, quite loud and clear. Even though I knew better, as I rounded the kitchen door that led to the courtyard, I ALWAYS expected to see my great grandmother standing there staring at me with those hard shinning eyes of hers…but I was always disappointed.

Interestingly, my mom remained a skeptic. She would hear the noise as clearly as any of us and would even have me stand next to the kitchen door so that I could run out as soon as we heard it again, but no matter how hard we tried I never saw a thing. One day she even had us looking around the entire yard to see what could cause the noise; we never did find anything.

Besides the noises, my great grandmother manifested many other examples of bilocation. Neighbors for example were always coming to the house telling us that they had seen my great grandmother, whom we kept a close eye on due to her advanced age, somewhere far by herself. People often saw her walking by herself, sometimes even supposedly sweeping the sidewalk with an old broom.

I was not witness to this but my grandmother loved to tell the tale of how once her brother had had my great grandmother over for evening tea even though, according to my grandmother, my great grandmother had never left the house. My grandmother would laugh look at her mom (my great grandmother) and say, “This Rosa is a special girl alright.”

To which my great grandmother would turn her head and humph as if she had been insulted.

That was just the tip of the iceberg mind you. I was to witness some fantastic things while living in that house and can now only marvel at how lucky I was to have her in my life. But it was the sound of her heels dragging on the pavement of the courtyard that haunted me the most as I got older. This sound I suppose was what drove me to persist in finding answers to the Out of Body Experience even though I had not had one myself, and to eventually begin my own paranormal journeys just like my great grandmother. Certainly my efforts do not parallel my great grandmother’s, but they are enough to make me want to work

even harder to find the limits of my potential. Some of what I have discovered I share in this book so that you too can begin to explore your marvelous potential as well.

In that sense, I have had a great advantage over the average person who believes but that has not been able to witness such possibilities firsthand. My great grandmother showed me what was possible, and my mom showed me that skeptics will ignore what is right in front of their faces if they are stubborn enough. I eventually learned that skeptics has the right to believe whatever they like because no matter what they think, believe, or do, the impossible will always be all around us. In the end, the only person that matters in this regard is yourself.

For now though let us explore the reasons why my statements about this not being a cold object filled world, can justify the Out of Body Experience.

You might think that my belief that we do not live in an object filled world ruled by cold mechanistic laws has nothing to do with astral travel or OBEs. The thing is though that it has everything to do with it, and understanding why can greatly help you in having your own OBEs.

It has everything to do with the Out of Body Experience because the belief that we have, that our consciousness is trapped inside an object (our body), is the greatest aspect of this delusion that we have forced ourselves to believe, and therefore experience. We believe that we are an object amongst innumerable other objects, all trapped inside a universe that we imagine as a sealed box; we see ourselves as a consciousness stuck in a box, stuck in a bigger box.

Think about it for a moment. If what I and many others have been saying about the nature of reality is correct:

that there are indeed no objects out there as we currently understand the term but that these things we call objects are merely symbolic representations/constructions of internal aspects of our own personal and shared psyches.

If this is the case, then the bodies that we think that we are trapped inside of are also symbolic constructions that hide a greater truth. And since these symbolic constructions, which are created through the power of thought, are not the hard objects that we think they are, then our body is not the hard thing that we think it is. Moreover, it means that our consciousness is just using this 'self' created construction in order to completely focus a part of itself into the physical plane.

Where then is the real me that is creating this body?

When we ask ourselves this question, we tend to look above into a heavenly realm. We quite often speak of ourselves as possessing a spirit, a greater self that is far above our current body. A higher being that projects down into the material world to create the flesh and bone suit in which we reside. From an OBE perspective I suppose, this idea of a greater spirit self that projects into a meat suit seems logical. But I do want you to realize that this idea, that you are a spirit that comes from far above to experience hard, evil, fleshy reality, is not correct either because it presupposes a DESCENT through space and time and sometimes even descent in morality. This is not really correct though because the kind of mechanistic movement that we are all used to from point A to point B, from above to below, or from heavenly goodness to material sin, is an illusion.

Due to our misconceptions about space and time, and because of the difficulty that we find in thinking outside of the linear and mechanical perspectives that we are so used to using in our everyday lives, our minds seem to naturally create a scenario of a higher spirit that dwells above us. The reality though is that we exist within a universe that is far more complex than the linear

laws that we are currently using. As such it would be better to say that a greater part of us does not project downward from some heavenly realm but that it actually comes from within ourselves. If you must look for a greater being (your spirit), you shouldn't look up to heaven to find it, you should actually look within because the doorway to Out of Body Experiences and to our complete being (our psyche) is found within our inner reality, our subjective reality, and not above.

Our senses, because they are a part of this objective physical reality, and because they have been finely trained since birth to perceive in a certain way, tell us that the things around us are solid objects; this includes our bodies. These objects though, including the body, are not solid, but are actually pools of energy with a type of energetic mass that is vibrating at a certain electromagnetic frequency. Our senses perceive only a very small portion of these vibrating pools of energy which we then classify as hard objects because we have brainwashed ourselves into believing that we must interact with them in only a certain way.

Your body is energetic mass vibrating at a certain frequency, and during physical life it is the main point of focus for our ego consciousness; it is our ‘Here and Now’ place. Your psyche (the totality of who you are as an aware entity) is much bigger and far more flexible than the energetic creations that it is projecting within this objective world. As such it is not limited to, or trapped in the body, and actually has the ability to exist in multiple ‘Here and Now’ space time coordinates at once.

The greater truth is that the psyche is so powerful and so creative that it has the ability to focus incredible amounts of energy and attention in multiple planes/dimensions of existence so that the physical person that you are in this 'Here and Now' place, the you that you see when you look in a mirror, is only one note within an entire symphony of actuality. You are only one aspect of a greater psyche that straddles many dimensions.

But you are not insignificant and you are not powerless. As an individual consciousness you don't have the same power of creation as the complete psyche that you are a part of, but you still create a great portion of your own physical reality, and you can project aspects of yourself in a similar way to what your psyche does.

What this means is that your individual consciousness, with the right effort and training, has the ability to be both here and there at the same time!

In other words, you can be in more than one place at a time, and from each one of those places you can perceive a separate and distinct 'Here and Now' perspective. Incredibly, the individual consciousness, like the psyche, has the ability to create a symbolic representation of itself at each one of these space time locations; it has the ability to create multiple body constructions. The only difference is that the body constructions created by you (the individual consciousness) are not as powerful or as concretely solid as the physical body created by the greater psyche, at least not

from a physical perspective.

What I am saying then is that even though the main point of focus of your consciousness within the physical realm is your flesh and bone body, your consciousness also has the ability to focus in a completely different ‘Here and Now’ location far removed from the physical body’s current location, and it can create ‘another’ etheric body construction there as well. This second body, created at a different physical location, representing a different ‘Here and Now’ focus point for your consciousness, is ‘usually’ much less dense energetically and is most often referred to as the Astral Body or Double Body.

Because it is far less energetically dense, this astral body has the ability to perform feats that are impossible for the physical body; this includes the ability to fly through the air and travel to distant locations in the blink of an eye

However, I don't want you to get caught up in the idea that you need this second body construction in order to have OBEs.

This second body construction created by your consciousness, in the new ‘Here and Now’ location, is for the most part psychological scaffolding that allows the traveling consciousness to completely identify with this new alien location. In other words, you don't need the astral/etheric/energy/double body per se, and this astral body is not always a faithful representation of what you

look like in physical reality. Quite often, for example, you will find that as you travel in the Out of Body condition, whether it is into the inner subjective realms or the objective physical world as you perceive it through your physical senses, you will, in all actuality, have no astral body at all. Under these conditions you will most likely just feel yourself as a presence, a spectator watching a scene, and indeed anyone with psychic ability who is able to perceive your consciousness in this state, will most likely perceive you as a very small glowing ball of light; to this witness you will essentially be a small glowing orb.

The astral body is not required then, but it is an incredible asset for a number of reasons:

- it can be immeasurably helpful in focusing your attention in a new location.
- it can help you to deploy energy and manifest in this new location; which means that you can manipulate in this new location with ease.
- it can allow you to fully immerse yourself in a new dimension or event.
- it can even allow a master OBE travel, who has developed a very powerful Double body, to let go of this physical world and enter another all-inclusive world permanently.

CHAPTER 3

Different States of Consciousness

Contrary to what most believe, even those who are quite successful at initiating OBEs, it is possible to have a wide range of subjective experiences while traveling Out of the Body. An explorer of the inner worlds, an Out of Body traveler, has the ability of being here and there simultaneously, for example. You also have the ability to be here and there and there and there and there, etc. And at each one of these new 'Here and Now' perspectives, you can create a new body construction if you wish to. You also have the possibility of creating a new and completely different body than the one that you usually reside in during his normal waking state, these can even be animal or fantastical alien forms.

However, this knowledge does not help us to explain what changes of consciousness are required to make these new body constructs possible or how to attain these new sates of conscious awareness.

If you have spent some time looking into the material that is available on Out of Body Experiences, then you will notice that there is this discrepancy that is seldom looked into in any great detail. This discrepancy has to do with the conscious state needed to achieve the Out of Body Experience.

For example, there are many who believe that in order to have an Out of Body Experience you need to engage in type of long

meditative ritual where you first relax the body, then engage in some kind of manipulation of the body's energetic centers, and finally try to force the etheric body out of the physical one. Others believe that the best way to have an Out of Body Experience is to fall into a state that is on the border between sleep and wakefulness, and then from that state project the etheric body away from the physical one. There are others still who will even advocate first learning how to become conscious in your dreams, in other words achieve lucid dreaming, and then from this state naturally learn to project from the dream condition into Out of Body Experiences.

There seems to be big inconsistency in techniques. The dreaming and conscious state are seldom explored to any great length and it is believed by many that there is this huge division between the waking, meditative, and sleep state. If these different states of consciousness are discussed, there is usually a rather dry and technical approach taken where human consciousness is divided into four distinct states depending on the electromagnetic frequency of the brain. These brain states are usually classified as:

- Beta
- Alpha
- Theta
- Delta

If you wish to explore the difference between these wave frequencies in the brain and how they relate to mental activities, I suggest that you do a little research on Wikipedia or any of the other wonderful resources that you can find for free on the Internet.

As far as we are concerned in this book, it is enough note that from Beta to Delta, there is a progression of faster to slower brain frequencies; meaning that in the Beta state which is considered the normal waking state of a human being, the wave frequency is quite fast or high, like a choppy ocean, while in the Delta state, which is usually thought of as a very deep sleep consciousness, the wave frequency is much lower, like a calm and tranquil lake.

The higher the frequency, the more conscious or present as an ego that you feel. The slower the brain frequency the more unconscious you become.

It is generally taught that in order to attain an Out of Body Experience that you need to find a way to get your brain from Beta and move it into Theta or Delta frequencies. The belief that there is a fine delineation in frequency ranges in the brain, and what can be perceived in each one, can cause many problems. This is so because there is no easy, in other words natural, way to train a person to go from the fully conscious state into a deeply relaxed and possibly unconscious one; aside from perhaps taking a nap. Furthermore, the belief that you can't have an OBE unless you are in a Theta state, for example, means that unless a person manifests

all of the supposed symptoms of being in this state, they do not believe that they can have an OBE, and therefore they don't have one.

And belief, as you might already know from your own experience or from reading my other books, is of great importance when it comes to any subjective/hyper-natural action.

According to OBE teachers and writers who address the consciousness issue, there is this deep sense of work that needs to be done in order to have an Out of Body Experience. The techniques employed to change brain frequencies can vary greatly from one teacher or writer to another and have a general feeling of a lot of imposed effort and work, on something that should actually be quite natural and fun. Our natural heritage as human beings, as explorers of our personal and shared reality, is turned into an obstacle-filled road with varying degrees of difficulty and intricacy depending on who is trying to teach what.

And all of this is a result of our current deep distrust of our inner self, which creates great separations between the different levels of consciousness.

However, as you will discover in this book the only training that is required is the **focus of attention**. By learning to focus our attention in certain ways, and maintain that focus for extended periods of time, we can begin to propel large parts of our awareness (our consciousness) into different planes of existence,

and even alien worlds that are completely separate from the physical one that we thought we were trapped in. This ‘focus of attention’ training does not need to be this arduous physical and mental task where we try to discipline ourselves to sit for long periods of time, trying to maintain postures that make our bodies ache, chants that make our throats sore, and highly boring meditative routines that are only successful at making us fall asleep.

The techniques presented in this book don’t demand that you learn wake up in your dreams, without giving you a good way to achieve this difficult task on a consistent basis. They also don’t demand that feel the energy vibrations within your body and to project these vibrations outside of yourself, into some kind of external focal point, without ever mentioning that this kind of energy work can take years to master.

The average person then can’t be blamed for thinking that you need to make some kind of superhuman effort to have an OBE. Thankfully, as you shall discover shortly, the exact opposite is true when it comes to achieving OBEs; these experiences are natural by-products of human awareness, all that is required is that you begin to exercise the attention/focus muscles that most of us forgot that we had.

This book will be teaching you about the natural way to:

- Inner Exploration

- Lucid Dreams
- Out of Body Travel

And by natural I don't mean the lazy way or the ‘way too simple to be true’ way, which some people hawk in order to make a quick buck. By easy, I mean that it is natural, that your consciousness can do it without much prodding on your part. In other words, it is the way our minds are logically built to function. It is the way our ancestors explored the inner world, it is how they traveled and knew things without ever moving physically.

This internal realm, and our dreams which are a part of this realm, can seem highly chaotic at first. The reason for this is that we are not used to the kind of laws that operate here and we are very inexperienced at consciously manipulating in this place. The fragmentary snippets that we get from these other worlds, usually in the form of vaguely remembered dreams, can seem completely convoluted and strange. Even people who have OBEs on a consistent basis, often report very strange phenomena like objects morphing from one thing to another, scenes changing in the blink of an eye, or encounters with weird, alien entities.

I find that the greatest obstacle to changing states of consciousness is the mistrust, sometimes even great fear, of the inner subjective realm. Often people are scared of looking into their own subjective reality because they think that it is full of terrible repressed images and impulses. Other times people feel that these subjective explorations are a waste of time because this inner dimension is

just filled with convoluted images and thoughts that, they think, have no relevance to the 'real' world.

Because of this lack of trust in the validity of the subjective experience, I feel that it is best to first understand the laws and complexity of this inner world. Understanding this inner plane can be of further help because:

- It is through this inner plane that most OBE travel takes place.
- It can help you to understand how to navigate your way through it once you get there yourself.
- Understanding, and then eventually exploring, this environment yourself can greatly increase your intellect and personal knowledge.
- It allows you to imaginatively contemplate how you will move and how you will manipulate in this other reality, which can be of great help in changing negative beliefs about the possibility of Out of Body travel.

I originally wanted to present the many laws that govern the inner subjective realm in this chapter. After writing for I while, I realized that there was no fast way to present these laws, in other words, this chapter was getting longer and longer.

I believe that it is important that you understand this inner realm and the laws that govern it, but I don't think that you should have

to read all of this material before you can even have one OBE. To this end, I have separated the material on inner subjective laws and I have posted them in this book under Appendix A.

In this way you can get on with actually learning how to change levels of consciousness and having OBEs first and then continue to read further when you deem it necessary.

Let us continue then by showing you just how easy it can be to change levels of conscious awareness.

CHAPTER 4

Moving the Awareness Dial

As you sit reading this, you could put your book aside for a moment and look at something beside you, a cup or cushion perhaps a little distance away from where you are. You think, because your senses tell you so and because human ‘common sense’ has proven to you time and again, that the object that you are looking at is a number of measurable units away, perhaps a few inches or a foot from where you are; it is close but separate. However, this measured physical distance is only applicable in this physical plane; in this physical plane’s frequency range.

The moment that you let go of this physical plane even a little, like I will be showing you shortly, this kind of physical distance, and therefore physical movement, no longer applies. From this new non-physical perspective, all movement becomes a vibratory affair, a psychological one.

The Dial of Awareness

You will notice that I mention the inner plane a lot. I talk about going within, about discovering the subjective world, and shortly I will begin to use the term “changing the dial of awareness”. You might think that there seems to be a discrepancy here because most people imagine that OBE travel means that you leave the physical body but that you are still here in this physical world, exploring it like a disembodied ghost. This is actually a valid statement and I will be showing you how to develop your astral or Double body so you can do that very thing. You must realize though that in order to travel and explore the physical world in this manner, you first need to change states of awareness; you need to alter that awareness dial that I mentioned. This means that you first have to go into the subjective realm.

Once that dial has been altered, which essentially means that you have stepped away from physical focus and have begun to focus on the inner (or subjective) plane, you can take the steps required to create an astral body and explore this physical dimension, or an infinitude of other possible dimensions that are open to Out of Body explorers.

This changing of awareness (or turning the dial as I call it) can be scary at first because of the seemingly chaotic nature of the other

planes available for us to explore. We are used to thinking of our physical world as highly stable, rigid in fact. This stability though is only possible because we have learned through years of work to maintain our focus just so, and to ignore any sensory data that does not agree with what we as a human community have decided does not belongs here; in the physical world, only 'common sense' mechanical laws apply.

In order to travel while Out of Body though, from where you are in the room to where that object beside you is, you will NOT be able to physically move there because you won't have any physical body to move. You will actually need to change your subjective (or psychological) perspective or viewpoint. This change in subjective standpoint is a vibratory change; you are essentially changing the frequency of your being, and as you do so you move through what we refer to as space. All movement is frequency modulation.

In order to change your frequency, in order to change your subjective (or psychological) standpoint, in order to change your spatial position in the Out of Body condition, you need to change your focus. **All movement therefore comes from a change in focus!**

Moving from one end of a physical room to the other with your consciousness and not your physical body involves a certain type of frequency modulation; one that we will learn to do when I show you how to create and solidify your astral/double body. But before we move through physical space that way, you first need to know

how to go inward. This inward movement is actually easier than full blown Out of Body travel and will show you the great flexibility and freedom that your consciousness has access to.

In order to engage in this kind of movement we need to first discover what focus of awareness is. We can do this by getting a solid grasp of what the primary focus point for us as physical beings is. This focus of awareness in the physical world is called the ‘Here and Now’ point; it is achieved when we focus solely and completely on this present moment.

Exercise: Here and Now

In order to clarify what I mean by a 'Here and Now' point, I want you to perform this simple exercise:

- Find a comfortable quiet area where you can sit, a place where you will not be disturbed for a few minutes.
- As you sit in this quiet area, I want you to focus all your attention in this present moment.
- Focus your vision on all the things that are around you, all of the things that are here with you now. Use your peripheral vision and keep your focus on all the physical things before you.
- Open yourself to the all of the sounds around you; focus on hearing the sounds around you now.
- Smell the world that you see and hear, and finally feel the things around you as well. Pay attention to the temperature of your body, to the feel of your clothes next to your skin, to the temperature in the room.

This is your Here and Now point!

It is the ‘present’ point where your consciousness intersects most vividly with your physical environment.

This is a very important place because it is the point where you are most precisely focused on the physical plane that we all share. You can think of it like tuning a radio or focusing a lens; if the dial is a little off then there is static, you might pick up a little of other stations and things will look a little blurry. By finding the perfect spot in your attention dial, you are no longer picking up static; your world is in perfect focus.

When you get to this perfect focus, your perfect ‘Here and Now’ place, you might notice that there is a little tension. This tension is caused by the fine focus of your attention, I don’t want you to let go of this tension, feel your present moment for a little while.

- After you have spent a five minutes in your perfect ‘Here and Now’ point, I want you to relax and allow your attention to relax with you. Allow your senses to wander off naturally so that they are no longer focused as one single unit on the present moment. Allow yourself to relax and let your attention wander for a few minutes.

- Then once again focus your attention on the present moment just like you did before. Find your perfect ‘Here and Now’ point and feel that tension again as your world comes into perfect focus; nothing else exists, no past no future, just this present moment. Try to hold this tension for a few minutes.

- And once again, let the tension go and relax your focus for a while.

Continue to do this a few more time until you have a really good feeling/sense of where your perfect ‘Here and Now’ point is; try to get a good subjective sense of what this ‘Here and Now’ point feels like.

This point is very important because it can be a wonderful gateway into other planes of existence and OBEs, and it can by a good exercise to do when you get back from your journey so that you feel more grounded and truly back from your voyage.

Exercise: Turning the Dial

- Now that you know how to find your focus on the ‘Here and Now’ point, I want you to find it again and hold it for at least two minutes.

- This time though, instead of just completely relaxing your attention, I want you to try to direct your focus so that you don’t drift off aimlessly but instead you close your eyes and feel like your attention, the focus of who you are, shifts over to a point in space beside you, where that cup or cushion are that you noted at the beginning of the exercise.

Your physical body is not moving, but your attention, that non-physical part of you is. And as you move, you might begin to see things from your new perspective. You might see the world from new angles or you might have strange visions that don’t seem to correlate at all with the physical reality that you were a part of just moments before. You might see strange geometric shapes or perhaps hear odd sounds. Like a radio with the station dial turned ever so slightly away from the local (your physical) station, you might begin to hear and see things that were invisible and inaudible just a little while before.

Don’t push it, just let it happen naturally. If you don’t pick up anything different then don’t worry, just try again on a different day.

Don’t expect to pick up anything coherent. Most likely you will be picking up static in between stations, a section of space that I like to call the Grey Zone. This exercise is designed so that you can begin to identify your “Home Station” most clearly and in that way discover how your mind can naturally project away from it in an easy and natural way.

Daydreams: Shifting Awareness

As you might have realized already, we human beings spend very little time truly focused on our Home Station. We are constantly fluctuating in and out of subjective feelings and images, often times reliving memories or thinking about possible future scenarios. Many of us of us spend most of our waking time daydreaming, and as you must now realize, a daydream is a projection of consciousness; it is the consciousness traveling, without moving physically, away from the Home Station. We humans do this so smoothly and quickly that we often don't even realize that we are performing a quite complex shift of awareness.

Understanding what a shift in conscious is, I hope that you can see that daydreaming isn't a bad thing. Many Eastern doctrines (like Zen for example) make it a prerogative that you should maintain your focus solely on the Home Station; any deviation being akin to mental sickness.

There are many benefits to be gained from being able to identify and focus your attention on the Home Station. Besides allowing you to live a far more centered and strong existence, this focus on the Here and Now is very empowering because it is from this point that we can gain the full power of our being. This is so because this is the point where the objective (or physical) and the

subjective (or spiritual) meet.

BUT complete focus on this physical Home Station point, every day, all day, is detrimental in the long run because it greatly limits human consciousness. The mind needs to vary its focus throughout the day, and daydreaming is a natural and healthy mental action. The problem arises when you give your mind too much free reign and fail to pay attention to and direct your traveling consciousness.

The trick then, is not to try and focus your attention on the Here and Now all the time and always, the real trick is to pay attention to your mind and to direct it when you need to. The subjective experience is not only highly rewarding and satisfying; it can also help us to deal emotionally and creatively with the problems that we face every day; indeed, it is this change of the dial away from the Home Station that allows us to access our creativity.

The subjective experience then, can be said to be a type of daydreaming; you are essentially focusing inward to a great degree. The subjective experience can be far more than just daydreaming though because there is the potential to go very deep into the psyche. So deep, in fact, that it could be said that once you get to a certain depth, you are no longer in this world. You can quite literally travel inward (which, as you now know, is not really inward at all but vibrationally or trans-dimensionally) into a completely different and quite separate alien world.

Because this subjective experience is so important, I will also show you a procedure for entering deeply into this subjective realm. This is accomplished by deeply changing your awareness dial so that you leave your Home Station far behind.

As you enter into this subjective realm, you will first encounter what I refer to as the Grey Zone. This Grey Zone can at first appear to be random chaos because you are usually assaulted by weird geometric shapes and disjointed images. If you are experiencing coherent images, then you might see odd and strange things that don't seem to have any relation to you. All of this sensory information tends to have a somewhat superficial quality to it and feels like you are watching something on a screen; it doesn't actually feel like you are completely there in the flesh.

If you are really good at daydreaming (to the chagrin of your bosses and teachers perhaps) you might be able to go far deeper and be able to see, hear, and perhaps even feel very clear sensations; all of which are taking place in some kind of interior landscape. While some people are better daydreamers than others, we can all go quite deep into our subjective reality; it just might take some of us longer to go as deep as others.

Internal sensations become more and more real to the traveling consciousness the deeper it goes into the subjective realm. The deepening process is of course a larger and larger turn of the dial

away from the Home Station and it signifies that the brain waves are becoming slower and slower, and that you are going deeper and deeper into a trance-like state.

Maintaining Focus

This deepening process can actually be so powerful that you might in fact find that you have entered a sleep like state that is referred to as Lucid Dreaming. You will then experience many of the obstacles that Lucid Dreamers experience:

1. it becomes harder to remember yourself
2. it becomes harder to remember what you did in this realm once you get back to your Home Station
3. control over yourself in this inner environment becomes more complicated

The best solution in dealing with all these problems is to create a Double or etheric body. This body can be of great help when the consciousness is wandering deeply into other dimensions of existence because it can help overcome all the problems listed above and because it can provide a safe homey, environment for the traveling consciousness. Those who do not know the techniques required to create a Double body and those who just don't like the limits that a Double body imposes, can employ the technique of keeping an internal monologue going. This means that you actually talk to yourself as you are going through this subjective journey, describing all that you are experiencing.

Method 1: Internal Monologue

For example, as you close your eyes and begin your subjective journey, you might see a bridge in the distance, you might feel a breeze on your face, and you might hear the sound of rushing water. What you need to do then is to describe this experience through a personal monologue.

Usually this monologue is internal, that is you are talking to yourself inside your head (no one else can hear it but you), "I see a bridge in the distance and feel a breeze on my face. As I turn towards the bridge, I hear the sound of rushing water and get the impression of a clear mountain spring," etc.

That is just one of the personal monologue techniques that can be used. This monologue practice varies depending on the internal traveler; with some of these techniques going back to ancient times. Perhaps the oldest and most famous of these techniques involves the help of a partner.

Method 2: Scribe

The subjective traveler is often referred to as the 'medium' and the partner who is in charge of guiding and questioning the medium is called the 'scribe'. The medium enters the subjective realm and begins to describe what he or she is experiencing. In this case, the monologue is spoken out loud which is then written down by the scribe. The scribe can ask questions and can try to guide the medium into matters of interest but he or she must be careful so as not to disturb the medium's subjective journeys.

Method 3: Self-Recording

Another popular method is to have the medium enter the subjective realm while the medium is in front of pen and paper. The medium then maintains the monologue but is also responsible for drawing or writing down the things that he or she is experiencing. This method is very similar to the Remote Viewing techniques used by the CIA Stargate project.

With the development of modern recording devices, another method has been increasing in popularity. This method involves the use an electronic recorder so that the medium will actually describe his or her subjective journey into an electric recorder. This method has become pretty popular thanks to the work done by Dr. Win Wenger and his Project Renaissance.

Body Paralysis

Unfortunately, all techniques that require the medium to speak out loud, write, or draw, will run into problems in the long run. These problems have to do with the fourth obstacle that inner explorers and Lucid Dreamers experience:

4. The onset of body paralysis.

As a subjective traveler goes deeply into the subjective state, his or her body will essentially turn off. Some scientists believe that this could be a natural survival mechanism that allows the mind to experience REM (dream) sleep while the body is safely catatonic in bed. Whatever the case might be, there will come a point, as you travel deeply into the inner realms, when your body will begin to turn off. This means that if you are sitting at a weird angle, that your body might collapse on itself, and if you are trying to speak out loud or write and draw the details on your inner journey, that there will come a point where this will become more and more difficult until it finally becomes all together impossible because your mouth and hands just won't work anymore.

I therefore suggest that you use the inner monologue (talk to yourself in your head) technique because it is a very useful way to

remember yourself and stay conscious in your inner voyage, and a good way to remember your experiences after you come back to your Home Station.

You might want to use a tape recorder at first to help you discover just how powerful, vivid, and all-encompassing these inner journeys can be. Eventually though, get in the habit of maintaining an inner monologue, this way you will be able to go very deep and will not have to worry about your mouth going catatonic.

Exercise: Deep Internal Projection

You can use the following technique to greatly alter your 'awareness dial' so that you are able to go far beyond a mere daydream.

- Begin by finding a nice quiet place where you will feel secure and you won't be disturbed for ten to twenty minutes.

- It is also a good idea to try and find a good sitting position. I recommend that you sit, as opposed to lying down, because it is too easy to go to sleep. I also don't recommend that you adopt a meditative sitting posture, unless you are very comfortable in that position.

  What you are trying to do in this exercise is to forget about the objective world for a while so that you can focus completely on the internal one. In order to do this, you need to forget about the body, and this can be very difficult if you get sore from sitting in an uncomfortable position. Forget traditional ideas about meditation and OBEs, and just try to find a nice comfortable seat in the most comfortable chair or sofa that you have.

- As you sit in this comfortable quiet place, I want you to once again look around you and focus completely on the present moment. I want you to once again find your perfect Home

Station and maintain this focus for five minutes.

- Once you have maintained a clear focus on your Home Station for a while, I want you to close your eyes. Upon closing your eyes, I want you to once again let go of the tension that you used in order to maintain your focus on your Home Station. Allow your senses to wander.

- As they do so, and as your body begins to naturally (do not force it) relax itself, I want you to feel as if you are falling into yourself. This is a most difficult feeling to express in words and yet it is a very easy feeling to feel, just let go of yourself and fall into that darkness that you now experience with your eyes closed.

- As you fall into yourself and this cozy darkness, I want you to begin to turn all your senses inwards. So, that instead of looking at the back of your eyelids, I want you to try and turn your vision into yourself and patiently wait (without forcing) for those images that begin to appear before you. You might, for example, see colors or random geometric shapes and finally begin to see objects or perhaps whole scenes.

- Begin to turn your hearing inward as well so that instead of focusing on what is going on in the room around you, you begin to listen to the sounds inside, in this new place. Also turn your feelings inward. Forget about how your body feels and try to feel deep within yourself, you might be surprised that as you do so you will get the sensation that you have become aware of an inner space. Explore this space with your feelings.

- Now you need to spend some time exploring this inner plane. At first I would recommend that you just spend time allowing the inner realm to present itself to you. That is, don't worry about finding anything, discovering answers, or exploring new and different worlds (all of this is possible through this Internal Projection), just let it happen and enjoy the journey. There is much that will be presented to you and it is more than enough that you begin to realize just how big and complex this inner place can be.

- In order to go deeper and deeper you just have to maintain your focus on this inner world, trying to forget about your physical world and your physical body as much as possible. If you find that your focus keeps pulling you back to your body, don't worry, and just try to focus internally again. As you do this for a while, you might find that your body will start to feel really lethargic which means that you are approaching body paralysis; your head might start to bob for example or you might find it harder and harder to speak out loud. What is happening here is that you are greatly altering your state of awareness and your body is beginning to cross a threshold that will allow your consciousness to fully immerse itself in the inner planes. If you don't experience body paralysis then don't worry about it, sometimes you do and sometimes you don't, the only really important thing is the focus of your attention.

This then, is the natural way to change levels of awareness. There is no need to separate Beta from Theta or to delineate what each of these states is supposed to feel like and what you are supposed to experience in each one. The only threshold that is important is the

point where your physical body begins to experience sleep paralysis, but this is only important in that it is a good indicator that you are pretty deep and that you will need to make sure that your head doesn’t roll to the side in an uncomfortable position.

Remembering Your Journeys

You might want to try voicing what you are experiencing and maybe even taping what you say. As mentioned before, you may also want to try to write down or draw the things that happen to you. The power of doing this is twofold:

- By talking or drawing and writing what you see, you create a type of biofeedback loop that allows you to greatly increase the vividness and the depth of your visions.
- You are able to remember your inner journey to a much greater degree.

The second point from above is, in my opinion, the most important. I find that memory retention is truly the greatest hurdle for those who engage in BOTH inner exploration and classic Out of Body Experiences. I think that most would be left utterly speechless if they could fully remember the richness and the complexity of their journeys beyond the body. We wake up in the morning, or we snap out of a deep daydream with fragments of what we had been through, never truly being able to relive the haunting beauty of what we have just witnessed.

Using the above exercise and combining it with a monologue of your choosing, you will be able to experience this great richness yourself. In the next chapter I will show you how to have classic OBEs, which essentially means that you are Out of Body and are traveling through what we consider to be the real world, the objective physical world. If you remember, in this chapter I pointed out that you don't need to have an astral/double body to have OBEs per se; the Double construct is just the perfect vehicle for the traveling consciousness, especially if you are interested in going very deep and immersing yourself completely in other vibrational realms.

If you would like to have an OBE without a Double body, then please check out Appendix B. There you will find the methodology needed, which will allow you to instantly partake in an OBE, otherwise let's get to making a Double You!

CHAPTER 5

Create and Solidify Your Double (Part 1)

When we think about the Out of Body Experience, we tend to have pretty specific ideas about what that experience is all about; these ideas are based on beliefs.

Because of these beliefs, a number of assumptions are made about how a person goes about having an OBE, what is possible in this state, and what a person will experience once they finally get there. It's very important then, that we examine the beliefs that we hold about OBEs because thoughts are instantly made manifest in the inner realms. This means that whatever belief that we hold going in there will manifest instantly and therefore mirror back what we expect. In other words, you will see and experience what you expect to see and experience.

If you are not aware of these beliefs and how they can change your OBE experience, you will not be able to see the true reality that lies beneath your personally created delusions. These beliefs will also make it very difficult for you to actually have an OBE because the beliefs that most people have limit the possibilities that are available to them.

There are **two erroneous core beliefs** in particular I think, that are to blame for most of the difficulties that people have with the Out of Body state. These erroneous assumptions can cause a number of problems when a person is trying to cultivate the ability to exit the body and come to terms with the odd things that happen to them

once they finally get there:

1. The first is that they either believe that we are just a body and nothing else, or that there is only one body and one spirit. If they believe that they are just a physical meat machine and nothing else, then they usually do not believe that OBEs are possible. If they believe in a spirit (which people who accept the reality of OBEs most often do) then they believe that it is this spirit that travels Out of the Body.

   The reasons for these beliefs can be highly complex or extremely simple depending on each individual case. In most instances this belief has something to do with personal religious or metaphysical beliefs. This book is not about exploring the reasons for personal beliefs so I won't go into the reasons why a person might hold these beliefs, but I think that it is important that we all discover for ourselves how much we believe the above, and begin to realize how believing the above might affect many of our assumptions about what is real or possible.

   I think that it is also important to realize that even if we might not particularly believe in the above beliefs ourselves, the fact remains that many others who write about and teach OBEs believe them. What they believe they will experience; and with all good intention they will write about and teach things from their point of view based on their assumptions. Unfortunately, these teachers and writers seldom suspect that what they experience and hold to be true fact could perhaps be a somewhat clouded version of what is really going on.

2. The second erroneous belief that some hold is that either a person needs to be asleep or in a very deep altered mental state to have OBEs.

   While the first set of beliefs tends to greatly determine what they will experience once they are having an OBEs, this second set of beliefs turns the natural Out of Body Experience into a nearly unattainable goal for most. The problem here being that if you are not in this most often difficult to attain altered state, meaning that you are not showing the symptoms of someone who would be in that state, then you can't have an OBE.

   It has been my intent to address these two beliefs head on in this book (in Appendix A and Chapter 3 and Chapter 4 respectively) in order to provide you with a far more powerful, easier, and natural way to change your state of awareness and to have OBEs.

With the FIRST set of beliefs, currently in vogue for example, I have tried to show that there is no such thing as just one traveling spirit body, because this belief often holds so many limitations that don't in fact exist. It is, for example, possible to have multitude 'Here and Now' points of view, which means that you have the possibility of occupying not just one (like those that don't believe that OBEs are possible), not just two (like those that believe that there is only one body and one spirit), but multiple bodies and therefore multiple subjective perspectives. You have therefore, the

possibility of not just experiencing here and there simultaneously, but also here and there and there and there and there; the only limit really being the inherent power of your own consciousness.

It is also the case that you can be aware of more than one subjective state at the same time. Those who believe that there is only one physical and one astral body also tend to believe that if you are conscious in one, you are not conscious in the other. This is also not necessarily true.

The reality is that the more that you focus your attention on one, the less that you will be conscious in the other. So, if you immerse your conscious attention in the physical body, as we are taught to do from infancy, then you won't be very aware of your internal subjective/etheric/soul/astral body and state. With training though (like the kind you are getting from this book) you can teach yourself to become aware of the astral body/bodies and the physical body simultaneously.

This assumption of just one soul or etheric body can cause you to believe that your mind is limited in what it can do or where it can go because just as the physical body has limits, certainly this spirit body must have limitations of a somewhat similar nature as well. It can make you assume that you are only able to receive and experience data in only a certain way, at a certain time for example.

With the SECOND belief…well, if you have performed the exercises outlined in the last chapter, I hope that I have been able to show you that indeed there is no need to be asleep or to engage in some complex meditative practice to explore the inner realms. What I hope you have come to realize is that this changing the dial of your Home Station and tuning into another plane of awareness is easy once you understand the basic concept. I hope that you realize also that you have been doing this changing of your awareness dial in a quite natural way all your life.

Simply then, even a small change in the awareness dial can allow you to access your astral/double body and from there it is just a matter of training your attention to stay focused on this new alternate space so that you go deeper and deeper into it and you therefore move farther and farther away from your Home Station. There is no need for some complex meditative practice; all you need to do is to do what you have been doing quite naturally all your life. The only new thing is that you now have to practice controlling the focus of your attention so that you stop randomly frolicking about your awareness dial like a drunken monkey, as most people tend to.

In time you should be able to direct your conscious mind in a waking conscious state not only into the borders of the Grey Zone, like you do when you are daydreaming or sleeping, but also very deeply into the inner realms and perhaps eventually even access completely separate alien worlds.

As you prove the reality of these new beliefs through practice, you will come face to face with a third limiting belief. This belief is

that:

3. While traveling in the inner realms you are not moving through Space, you are just going deeply into your mind. This is the belief that it's all in your head.

I am hoping that you already suspect, perhaps have known for a while, that this belief is wrong. As I discuss in a more extensive way in Appendix A, movement through Space and Time is not what we think it is. We are used to thinking about such mental movements from a physical perspective, using laws that are only applicable within the physical plane/realm. But these laws completely go out the window when we have turned the dial of our awareness just a bit and begin to access realms where space and time function in a completely different way. The basic point is this:

When you travel into the inner realms, you are moving through space.

You are occupying a whole new geographic location that is as concrete as the corporeal one we call physical reality.

When I say traveling inward, I use this phrase only because I find that there are no other words that describe this movement better, but it does not really mean that you are moving inward into your head. You are instead quite literally altering dimensional awareness, but to say this is also misleading because human reasoning is still looking for some kind of sensually identifiable

physical movement through space to get there, even though no movement of the physical body is taking place. A daydream, or your initial attempts to change the dial on your Home Station using the exercise from the last chapter, might be small movements by your consciousness at first, but it is movement none the less. It is very important that you begin to realize that you are not stuck inside your head!

Reading and conceptualizing the material provided will help you to question those old beliefs and it will open you up to the possibility of something different. As you do so you can take the final steps to the complete awakening of your Out of Body abilities. These last steps are achieved when you create and solidify your Double body and have an OBE with it.

Exercise: ‘Create and Solidify’ Your Etheric/Double Body

- Go to that quiet place again where you can sit comfortably and forget your physical body as much as possible. Try to do this exercise when you are not mentally or physically exhausted because the trick to this exercise is to try to stay awake and consciously control the direction of your mind.

- When you are comfortable and relaxed, take a few deep breaths. These should be nice and even breaths that allow you to cleanse your mind and relax completely.

- With your eyes open, focus on the environment around you; in the room that you might happen to be in. Maintain this focus and use what you know so far to stay focused on your ‘Here and Now’ Home Station for at least five minutes.

- Close your eyes but instead of letting yourself go and allowing yourself to fall into yourself, I want you to become aware of the individual ‘you’ that is inside your physical body. This individual you that is inside the physical body is now looking through your physical eyes and is only seeing the inside of your eyelids; it feels, hears, tastes, and touches through the physical senses only.

  Become fully aware of this individual you. And as you do so,

realize that it is this individual you that can change the dial of its awareness and can move through Space and Time to experience another plane of reality.

- With your eyes still closed imagine that you are moving away from the physical body construct that you currently occupy; this should not feel like a difficult thing. If it feels hard to you, it means that you are trying too hard. I suggest therefore that you let yourself imagine, like playing a game, that you are moving away from the physical body; stop trying to make it real in your mind and instead just think of it as a kids pretend game.

- Imagine then that you leave the physical body completely behind and you are now on the other side of the room.

- Look through your new eyes in this etheric body that is on the other side of the room; imagine what the room looks like from this new perspective, from this new 'Here and Now' location. As you do so, realize that in this new body you are floating in the air just above the ground. Look at your new hands, down at your new body, and at your new feet through these new eyes. See how this new body of yours can float in the air. Feel your new body, how light it is and complete free from the pull of gravity. Try to also hear, and smell from the perspective of your new body.

- Think of this as a fun visualization game and try to visualize all of this as vividly as possible.

- When you can totally feel yourself in this new location, I want you to start floating around the room. Feel yourself glide

through the air, see the room through your new eyes and experience this new reality as vividly as possible through all your new senses.

- Finally turn and see your physical body sitting comfortably on the sofa, as the 'other you' glides through the space of the room.

- As you go through this process, you might find that your attention wanders around a bit. You might for example look at something through the eyes of your Double and then in the next instant you might find your attention focused on your physical body because you got an itch or you heard something through your physical body's ears. This is all perfectly natural and you will find that as you become a true adept at Out of Body travel that you will eventually be able to have a dual attention where you will be able to focus on your physical and ethereal locations at the same time.

  What can become a hindrance though is when the attention leaves the physical plane and begins to wander into the Grey Zone; this happens when your mind starts to wander, like in a daydream, without the consciousness directing it. Often when this happens the Out Body traveler will start to dream or to relive an old memory for example, and will completely forget the Double body. He then begins to watch an imaginary sequence as if he were watching television. Usually this lapse in attention starts a dream sequence and quite often the OB traveler falls completely asleep.

  In order to combat this tendency of the attention to wander away from the physical plane, try to maintain your complete

focus on your Double body. Look at your hands, rub them together if this helps, and also try to feel your body in the inner environment instead of seeing this environment like you were watching a television screen.

- When you are done and feel satisfied that you have really felt what it was like to be out of the physical construct, open your physical eyes and you will be instantly be back at in your physical body.

This is a very powerful exercise that will allow you to develop your Double body.

If you are having trouble doing this exercise, then just approach it all as a fun visualization game. Beliefs about whether such things are possible might rear their ugly heads. These usually manifest themselves by making you feel that your visualization work is difficult, or making you feel like you are wasting your time doing something silly. The best way to deal with these limiting beliefs is to acknowledge them but then completely bypass them for a while by pretending that you are doing a fun inconsequential game; a game that doesn't have to be true, it's just fun. Through time and by repeating this exercise on a regular basis, these old limiting beliefs will naturally fade away and your mind will easily open up to new capabilities.

What you are essentially doing in this exercise is that you are

creating a Double you. Just like in my other books I talk about creating a servitor through strong intent, psychic energy, and visualization. Here you are creating a form of similar consistency to help you travel and experience the physical realm in a new way. The difference is that here you are not creating a separate thought form but a complete other body that you will, over time, connect with in such a powerful way that it will eventually become as real to you as your physical body ever could be.

As such, I recommend that you do this exercise on a frequent basis in order to develop your Double as much as possible. I would say that doing this exercise five days a week for two to three weeks should develop a powerful Double.

Limitations of Employing a Double Body

I must point out though that to have OBEs you don't really need a Double. You could for example do the exercise above and project from your physical body to the other side of the room, but once you find yourself there you don't have to create a Double body. Your awareness can exist on the other side of the room without a Double body and can move through space often times in a far freer fashion. If you would like to explore this further, I suggest that you read Appendix B.

Truly, the Double body can be a hindrance sometimes because it creates limitations, just like your physical body limits what you can do in the physical realm. For example, while in the physical plane, in your physical body, you can't know what it feels like to be able to see with the eyes of an eagle or move with the legs of a gazelle. In that same way the Double body can also be limiting because it can put boundaries on what you can do as an etheric being.

Why have a Double body then?

A Double body is useful in the OB experience because it allows us to participate in other dimensional planes in a really powerful way. As a result of the fact that we are so used to being in a body, having a Double body can really help us to consolidate our attention fully in a different dimensional location. It can also help us to experience new realities in these new locations because it can provide a way for us to experience the Out of Body state in a way that is very familiar to what we have become used to.

THINK ABOUT THIS: you don't really have eyes in the Out of Body state so how are you seeing what you are seeing? You have no skin so how do you feel? You have no physical senses to sense, so how do you sense what you sense?

What a Double body does then is that it provides a way for the traveling consciousness to feel more secure and solid where it is. In addition, it provides a way for the consciousness to sensually experience in a way that is most familiar to it.

In the Double body solidifying exercise, the traveling consciousness is moving through space by changing its vibrator state, instead of moving the physical body. While traveling through

Space, it is also trying to stay focused on a particular plane or vibrational frequency, so that it can experience that world completely; just like your physical body allows you to experience this physical realm completely. You could say that consciousness is moving sideways through space and is using the Double body construct as a way to maintain its focus there and as a way to experience this new location sensually in a way that is familiar to it.

Consciously, this is a visualization and attention exercise. Subconsciously it is a far more complex act that involves the large projections of energy and a change of vibratory frequencies.

The greater the change in frequency, the greater the change in awareness. The stronger that the projection of energy is, the more solid that the Double body becomes.

It sounds complicated, and at a deeper level it is. But we humans naturally deploy great amounts of psychic energy and perform changes in frequency constantly throughout our day. The trick with OB travel is that we need to:

- Do this energy deployment and vibratory change in a more consciously and direct way.
- Develop the focus of our attention so that we can make big changes in our vibration in order to move farther and farther away from our Home Station and our physical body.

To change the vibratory frequency is actually a simple procedure for most people. We do this through the narrowing of attention; by changing our focus. While small changes in focus of attention are relatively simple (as simple as a daydream), larger changes of focus can be a little more challenging at first. A Double body is a perfect solution to this problem because it allows us to exit this physical plane much more easily, and allows us to maintain this Out of Body focus for long periods of time. In this way we can travel very far into other dimensions and other points in space and time, while at the same time sensually experiencing all these marvels in a way that we are used to as physical beings.

CHAPTER 6

Create and Solidify Your Double (Part 2)

You might find it difficult to get your head around the material that I am trying to introduce in this book. I don't think this is so because the material is overly complex, but because it represents such a different way of thinking about the world around us. In order to make this new way of looking at things easier, I have tried to present this knowledge from a number of different angles, using many diverse terms. I try to use as many terms as possible in order to show that the terms are not in and of themselves important, what is really important is the underlying feeling/intent that they propose.

I, for example, use the word "astral" on occasion while at others I might use the word "etheric" or "double" to refer to the 'second' body. There are times when I even use a slash (/) to try and convey an idea or concept that one word alone cannot encompass.

I feel that the presentation of material from a number of different perspectives is very important because:

- It allows you to consume this information in an easy and natural way.
- It allows you to develop new neurological patterns in your

mind. I am hoping to be able to instill a new set of thought patterns which will naturally engage your mind in an internal free flow that will have you contemplating and exploring these concepts without conscious effort. The mind (your mind) is a very powerful engine that can make remarkable connections when it is allowed to process information in its own way.

- It allows you to naturally expand the volume of the new neural networks that you are creating, or that you are expanding upon if you are already familiar with these concepts.

  This expansion of intellect will help you to access this new information from a number of different perspectives, and in this way you will be able to create new and greater patterns of connection within your mind.

Reading the material provided therefore, will hopefully create a natural launching point for you to start thinking about this inner reality and about the new possibilities available in the Out of Body state. We will continue our exploration of the OB Experience by contemplating things from yet another slightly different perspective. I hope that from this viewpoint, you will be able to see how to clearly implement the techniques needed to create and solidify the Double and also help you to see the great flexibility available to you when you engage in OBEs using these methods.

What I will be doing is telling you a little story. I don't want you to think of it as a fiction story, but rather as a type of biographical tale. One could also say that this is not a story at all but a set of

procedures explained from a first person perspective. This little first person narrative is based on my own work and personal explorations.

We all have our own personal reasons for engaging in OBEs. I for example, happen to be profoundly interested in deep explorations into the far reaches of the unknown, which means that I like to go very deep into what I have sometimes referred to as the 'Dark Sea' all around us. You could say that I do it because I have the proclivity for being a type of awareness scout; I want to know how far the winds can take me, and what I will find when I get there.

Another person, on the other hand, might be interested in an entirely different approach to Out of Body Experiences. This person might wish to do a far more thorough exploration of the physical plane, perhaps exploring distant lands or perhaps even distant planets. They might be interested in engaging in more sensual pleasures, the kind that can only be fully explored when a person if free of physical limitations. Another person might be interested in living and exploring alien worlds and living there for a while. All such explorations and adventures are equally valid and represent the human drive to expand along diverse areas.

Whatever desire you have, the procedures below represent the beginning of one voyager's journey, one that can go into innumerable paths once the initial development of the Double has been established.

Scouting Awareness

In a land not too distant from where you are, at a time not too far from this one, a person begins the long and yet incredibly fulfilling journey beyond the limiting confines of the physical body.

He starts his journey by first finding his Home Station. He likes the idea of the Home Station because it brings to mind the metaphor of a radio, and this allows him to easily understand how, by changing the dial, he is able to pick up different frequencies.

He prefers to think of his Home Station though, not as a setting on the dial per se but as his most present present; his most intense 'Here and Now' point. Once he is able to find this most present 'Here and Now' place, he begins to explore his inner reality.

How He Begins

He takes a very comfortable seat on his plush couch in his living room at a time when it is relatively quiet and he won't be disturbed for a little while. With his eyes open he begins to look about him and experience the present moment with as much intensity as he can.

After doing this for a few minutes, he closes his eyes and he relaxes his mind and body. As he expected, his senses let go and he seems to almost instantly start a floating daydream. He explores this daydream, looking at all of the different shapes, images, and even sounds that run through his mind. He soon finds though, that he gets a bit too relaxed, loses his concentration and is forced to use the technique of talking to himself in order to remember and to truly focus consciously on his inner journey.

He finds that it doesn't take long to understand what his Home Station is and what it means to engage in a slightly different turn of the awareness dial. Then after a few days of inner exploration, he is eager to move on, and discover more. Who knew that he had been altering his awareness all along in a quite natural way?

Now that he knows that he had been changing his awareness dial in an unconscious manner his whole life, he feels that it is imperative that he begin to take responsibility for his flights of imaginative fancy. He needs to go deeper and he needs to stay conscious.

To do this, he decides that he will work hard until he can develop his etheric body Double. In this way he will begin to develop control over his consciousness so that he can begin to explore the depth and breadth of his world using his Double body.

The Double Body

Sitting down on his very comfortable couch once again, he looks

around and takes the time to find his most present moment. He marvels at the fact that he has spent such a small amount of time in the present moment, forgetting about the past and not thinking about the future. There is so much clarity, there is such deep sense of joy in this moment.

But he knows that he sometimes needs to let go of it in order to travel beyond the confines of this place, because no matter how satisfying being Here/Now might be, it is still a box that he needs to escape from time to time. Knowing that it is there, he can always return any time to he wishes to find peace once again.

He closes his eyes again but this time tries to not relax so much. He tries to stay focused on the present even though his eyes are closed. With his eyes closed he now tries to imagine that a part of himself projects out of his physical body. But try as he might, he is not very successful.

He doesn't understand it; thanks to his exploration of inner reality he can now see that he is not his body, at least not just his body. But this realization alone is not enough it seems because he is still finding it so hard to move away from the body that seems to now be imprisoning him.

Thankfully he remembers something that he was told: all limitations are created by the self. He does the unexpected then; he decides to just give up.

Instead of trying to DO something, he tries to just have fun, to just play a game of pretend; who cares if it's real or not, he might as well just have fun. And so he just pretends that he is out of his

body, that he is in a second body and that he is floating in the middle of the room.

No longer having to worry about whether it is real or not, he can easily visualize himself floating in the middle of the room like a disembodied ghost. His focus wavers from the visualization of himself floating in the middle of the room, to being in his physical body sitting on the couch. He knows that it is now important that he train his attention because he needs to develop the ability to focus for longer and longer periods of time on his floating, ghost-like form.

Seeing and Hearing

The techniques that he is using are quite clear on this matter; the more that he can focus on his floating body, the more that he can feel that he is in his Double body, the stronger that that the Double body will become.

To solidify his Double body, he has to build it from the tips of the toes to the top of his head. His technique calls for starting with the sense organs first, so he begins by developing his new body's eyes. It's reasonable really, how can this floating ghost's eyes see very well if they have no real form? He needs to develop them, grow them, just like his physical eyes grew and developed. Fortunately, the etheric body can be developed at a much faster pace.

Developing the eyes is easy, he doesn't have to grow cells or construct nerve endings, all he has to do is practice seeing with them; the better that he can see through his etheric eyes, the more developed and solid that they become. It turns into a fun game for him after a while; he takes a comfortable seat on his couch, focuses on the present moment for a while, then closes his physical eyes and pretends that he is seeing through the eyes of his Double body that is floating in the middle of the room.

He does this for a week. He keeps it interesting by moving his Double body around and turning his ghostly neck so that he can see the room that he is floating in from different angles. After a few days he can see the room quite clearly from the Double position, he can even see his physical body sitting on the couch with its eyes closed; something that is both fascinating and somewhat disturbing.

Eventually the room starts to get boring so he begins to look at his new Double body with his new Double eyes. He begins by looking down at his hands, which are incredibly fascinating to him. Just like when he started to look at the room through his new eyes, his new hands have a tendency to change form and warp in the most surreal shapes and colors.

He is also still distracted by the sensations that he feels with his physical body. If he hears a strange sound through his physical ears or if he has an itch for example, his attention will instantly shoot back into his physical body where he will scratch or even

open his eyes for a second to see what the noise might have been. But after a while this no longer becomes a problem because with his new attitude of doing it all like a playful game of pretend, he doesn't take himself or what he is doing so seriously, so it is easy for him to close his eyes and instantly change his focus so that he is once again floating in the middle of the room and is looking through his new etheric eyes. He actually discovers that this ability to go from one body to the other in a flash is quite natural, that he should be able to shift from one to the other instantly; perhaps he will eventually even be able to become aware of both bodies at the same time.

Incredibly, he begins to realize that he doesn't need to be asleep or in a deep sleep state to be able to totally immerse himself in his second body; it's not about deep relaxation or some altered mental state, it's about developing a laser-like and unwavering focus in the new location. All he needs to do is focus on where he wants to be and then just let the physical body take care of itself; it knows how to relax and how to change brain waves if it has to, he doesn't need to force anything.

Once he is able to see his hands clearly, and they actually look like his real hands, he begins to look at other parts of his body. He starts to look down at his feet and his torso and persists in this until his body is clear and distinct to him. Doing these exercises, he discovers another interesting thing; the clearer that he can see his Double body, the more real that his new etheric position becomes.

-When he is done with his eyes, and is satisfied that he can see his room and his body clearly, he begins to use his etheric ears. He does this by trying to listen through his new body's ears, from his new 'Here and Now' position. Just like vision, the sounds that can be heard in the room he is in might be similar for both bodies but because of the slightly different locations of each, there is an alteration in how the sounds are heard and in what direction they seem to be coming from.

This exercise starts out as a somewhat complex visualization, but it quickly, and quite naturally, it changes in standpoint for him because as his focus of attention changes and narrows, he begins to truly identify with what he perceives through his etheric Double; it starts out like a game but it quickly turns into a completely real experience.

He does not need to work on his Double ears for very long because he finds that they tend to work quite well from the get go. He also finds that he is truly able to experience quite clearly the dual awareness now available to him when he is doing this exercise. He is able to instantly change from hearing with his physical ears to hearing with his Double ears. His physical ears usually become instantly aware of any new sound in the room, in a similar way that an animal might perk up at the slightest noise. But then with some effort he is able to hear that same noise from the Double's perspective as well. Just as before, the longer that he works on his Double hearing, the more that it seems to solidify his new location in the Double body so that it starts to become a new, distinct, and quite separate conscious location outside of his physical body. He works for about a week on all this.

Touch

Next he begins to work on his feelings and his sense of touch. He does this by going into his Double body as usual and vividly visualizes what it feels like to be in this new body. After a couple of sessions, he can really feel what it feels like to be in this new location. He keeps practicing by bringing up his Double hands and rubbing them together and visualizing what all of this would feel like. He vividly imagines the feel of his hands rubbing together until the feeling is solid and very real for him. He finally tries to feel every single part of his new body; both as an actual entity that he can touch, and as a deep inner knowing that these new body parts are indeed there in space and are quite real. All of this takes him another week.

He finally decides to take a couple of days to work on his sense of smell and decides not to work on his taste sense since it does not seem important for any general Out of Body travel. He then uses the rest of the week to refine his Double body's sense of vision even more. Vision is the most important sense so he wants to make sure that what he sees through his new eyes is as stable and clear as possible. He knows that his vision will be far from perfect for a while, and will most likely refine itself over time as he spends more and more time in his Double, but it is always better to refine the Double as much as possible before any real travel begins.

The whole Double creation and solidification procedure took him just over a month. It did require that he make some effort at times but it was fun, and he now has a very real and concrete Double body that he is able to access quite quickly in just about any

situation. The only thing left to do now is to begin to explore his world.

CHAPTER 7

Taking Your Double for A Spin

The Double body is a wonderful way to explore the physical plane. It is also very helpful when it comes to exploring certain aspects of the Grey Zone, especially if you are exploring certain complex sensory realities.

For example, let's say that after a month's time you are very satisfied of the Double body that you have created. You are now ready for the next step which is to use this powerful body that you have at your disposal to travel beyond the confines of your room.

On your next OBE session, you can begin by finding a very comfortable position in your couch just like you did before. Once again, become aware of the present moment, focusing your attention within the 'Here and Now' for a while (I would recommend at least one full minute), and then close your eyes and visualize yourself in your new body, as you have done throughout your prior work.

Now that you are in your Double body, it is just a matter of moving that body beyond the confines of the room that you might be in. If you have done the Double creation exercises properly, you will most likely have already been moving your body around the perimeter of your room, and you will then most likely have some experience in moving the Double around physical space.

The movement of the Double is a difficult concept to try to put into words because it involves the development of a personal intent that is seldom, if ever, discussed in the modern world. It involves the same kind of intent that is required when we wish to consciously move within a dream, or the kind of intent that we use when we wish to move a personal servitor (if you're familiar with my other books on servitor creation) from one place to another.

The act of moving the Double from one place to another basically involves the natural desire to do so. This natural desire focuses your intent and allows you to fully visualize the movement that you want within your mind. This visualization triggers and propels thought which quite naturally combines with psychic energy. This energy/thought burst, which is sent by your consciousness, is intent in its most fundamental form:

DESIRE IS INTENT

Another way to say this would be: in order to move your Double, what you need to do is to visualize your desire in the most clear and precise form possible. The best way to do this naturally is to just desire an outcome.

As I mentioned before, the Double body construct that you have created is not your consciousness. Your consciousness is free; it is beyond space and time and only limits itself in the physical body in order to participate within this plane as completely as possible. The

psyche does this by engaging in an elaborate process that allows it to create a physical form, a flesh and blood body, that it then uses to focus an aspect of itself (you) within it, and in this way participate fully in the physical realm.

Given a little coaxing and the right training, this consciousness that has become part of the physical body, can exit this body in the blink of an eye. Indeed, it engages in such maneuvers every time the body falls asleep, and to a greater or lesser extent it disengages from the physical plane every time it participates in daydreaming, watching TV, reading a book, or any time that its focus is not completely engaged within the physical plane.

The Double body construct that you created could be thought of as a highly complex servitor in that it is a type of powerful and highly specialized thought form. Please do not take this comparison to a thought form too literally because even though the Double starts out a thought form and an etheric creation, the connection that it develops with the ego consciousness becomes so sophisticated over time that this Double could eventually substitute the physical body as the main focus point of the conscious ego.

This connection has to do with the ability of your consciousness to embed itself within this new etheric body. This connection is first and foremost established by developing new sense organs in the Double, that the consciousness can then begin to use very much the same way that it now uses the physical ones.

Each of your senses is developed over time through the use of the visualization exercises described in the last chapter. These exercises create a kind of neural link, if you wish to think of it that way as this makes a good metaphor, between the conscious self and the thought form that is becoming the etheric Double body. In essence, you are creating a body with an exterior form (which often times looks exactly like your physical body) and an interior one (which can be compared to the internal organs of the physical body). This interior form though has very little in common with physical organs and would be better described as a type of etheric Central Nervous System.

In order to move the Double around the room, or anywhere else for that matter, you move it very much the same way that you move a thought form, the difference is that this time 'YOU' are the thought form and you are therefore controlling it from within. This connection becomes so powerful and intricate with time (and effort) that it can essentially begin to allow the ego consciousness to establish a nearly permanent station in the Double body. For example, at the end of your Double creation and solidification period mentioned in the last chapter, you can move it around quite easily by just desiring that it do so.

So by imagining, vividly and with complete focus, that your body turns and moves from one end of the room to the other, it will do so. Because of the work you have done in developing your senses within this it, you should be able to move your etheric body in

very intricate ways like; somersaulting through the air, flying up down and sideways like superman, or even gliding on your back as if you were swimming in a pool of water.

If you think you need more practice moving your Double about the room, then please do take the time to do this. Make sure that you are completely comfortable moving it around and sensing with all your senses in the most vivid way possible. I would say that this is a prerogative before you leave your room.

Once you feel comfortable, all that you need to do is to use your next OBE session to exit your room. You could for example simply will yourself through a wall and into another room or out into the street. Once you begin to do this with your Double, the world truly does become a great new mystery to be explored because there are literally no limits to where you can go and what you can see in this new form.

Exiting your training room for the first time can be a bit challenging because you might find that seeing things and experiencing with your new Double body's senses can be a bit challenging. Generally speaking, when you first start out a lot of what you see through your new eyes is made up of memories. What I mean by this is that just like a type of creative visualization, what you are looking at with your etheric eyes at first is not what is out there in the physical plane but mostly your memories of what should be out there.

You might think then, that you are just fooling yourself, that this whole OBE while conscious thing is nothing more than vivid visualization and delusion. You must realize though that the training of the Double body is a continual process and will require some time and patience on your part. Just like how it was very difficult at first to see through your new etheric eyes inside your room, it is now difficult to see outside of this room in an environment that you can't easily verify with your physical senses.

What tends to happen at first is that your mind fills in the blanks in the Double's perception with stored memory. This means that most of the material that you will see when you first begin to travel to new places will actually be remembered material. You are essentially tapping into your memory and filling in the blanks of what you are not able to clearly see with your new etheric eyes yet.

THIS IS NOT a type of cheating but in reality it is the only way that your consciousness can at first deal with what it is trying to do at an energetic level. You are putting your Double through powerful exercises that are taxing the limits of its current capabilities. The mind tries to help in the only way that it knows how; by providing mental reference points that allow the Double to stay on target and refine its ability to focus.

Let's look at a typical example; let's say that you use your Double to travel to the other side of the city to check on a friend who is

working. Let's say that your friend is working in his or her office and you mentally see yourself traveling there and finally get into that office. Most of the things you will see during this excursion will not be the actual physical things as they exist at that particular moment in space and time. What you will actually be seeing for the most part is your memory of what should be there and should be happening.

You might therefore see your friend sitting at his or her desk doing something typical, that is something that your mind might expect your friend to be doing at that time; for the most part this trip will be about visualizing expected events. You might think that this type of voyage holds nothing of value because it is mostly visualization. The thing is though, this is a very powerful exercise that is developing your mental abilities to remember and process data and which also trains the senses of the Double so that over a short period of time it can pick up quite legitimate sensory data that you would not otherwise have been aware of.

You can identify when you might have picked up legitimate sensory data that is beyond your mind's regular memory or deduction of possible events, by noticing when you see or experience, in one way or another, things that don't quite seem to fit the regular pattern. These are usually things that are happening in the periphery of the event that you are watching. These odd breaks in expected pattern can be a great sign that you are picking up true 'ultra-sensory' perceptions which means that your Double's abilities to perceive on its own are maturing.

In the scene of your friend at the office for example, you might see that he or she is somewhat agitated or perhaps that he or she is doing something atypical; something that does not quite fit in to what is usually going on at the office. It could also be the case that in the periphery of this scene there might be something that you do not notice right away but that under further examination seems to indicate something unique and different from what you might expect. It is these little events that begin to provide you with evidence of the greater perceptions available to you in the Out of Body state.

Let me make a very important point here though… I don't think that you should dedicate too much time to try to prove to yourself that your perceptions with the Double body are completely and utterly 'real' using preconceived notions based on physical standards. While I do think that you will benefit somewhat from exploring your new capabilities in this regard, the complexities of the perceptions that are available to you in the Out of Body state make any comparison to the physical world very difficult.

This is so because the sensory structures that are available to you while in the OB state are so much more powerful than the sensory organs that you have access to through your physical body. The Double body is pure energy and is therefore vibrating at a much higher frequency than the physical body that you have left behind. This higher vibratory rate means that it has access to a far greater range of the electromagnetic spectrum. It can for example pick up:

- probable realities
- past and future events
- telepathic communications
- thought forms and non-organic entities
- alien entities that sometimes blunder in from other dimensional worlds

The physical world has not changed but your ability to perceive it has. This can make the physical world seem like an alien place when you perceive it through your new sensory structures.

There is some benefit though in trying to develop your extra-sensory abilities using your Double. Certainly this was a great gift in human antiquity when early man used similar abilities to search for new hunting grounds and safe areas to travel through. Early man was not bound to the highly rational perspectives that now cloud human awareness. As such they were able to understand the oftentimes highly symbolic nature of the data that can be received using the Double body.

I therefore recommend that if you want to pursue the exploration of such abilities, that you prepare yourself by developing a wider interpretational framework; a framework similar to the kind that can be used to interpret dream events.

Exercise: Traveling as your Double

If you do wish to explore the possibility of data gathering using your Double, I suggest the following:

- First begin by traveling out of the room with your Double body and try to go to places nearby so that afterward you can go verify your inner visions to see if there is any correlation between what you saw and what was actually there.

- It is always best to go to a place that you have been to before physically because this will allow you to create a far better connection to this physically distant place. Your memories act like a homing device that allows your Double body to vibrationally find the location that you seek.

- Once you have a place, there are two ways that you can get there from where you are:

    - The first method is to exit your body as you usually do by imagining yourself in your Double, hovering above the ground near where your physical body is resting. From there, what you need to do is literally fly through the air, going through walls or any other physical objects in your way, until you get to the place that you wish to visit.

    - The second method, which I personally prefer, is instead of projecting your Double body beside your physical body

as you are used to doing, that you instead focus your attention on the one particular place you want to visit. With this method you don't focus your attention on finding yourself within your Double body right beside your physical body, but you instead focus your attention on visualizing yourself being at the place that you want to visit while in your Double. With this second method you are not traveling through space but you are instantly materializing in the new place of your choosing.

- Once you are in this new place, using whatever method you wish to use to get there, first look down at your hands in order to help solidify your Double in this new place. Once you feel really there in your Double body, look around and try to experience this new place with all of your senses; take note, in other words, of everything that you see, hear, feel, and perhaps even smell. Take as much time to do this as you think is required for you to get a good reading of this new place.

- When you are done, either fly back or quite simply force yourself to open your physical eyes so that your consciousness is transported back into your physical body instantly. Once you are inside your physical body, write down all of the things that you experienced during the Out of Body excursion.

- As mentioned in the previous chapter, some people like to have a voice recorder with them and either record the OBE while it is happening, or as soon as they get back from their voyage. Recording the event as it is happening is actually a very good way to also maintain your focus and conscious attention on the Double body and the place that you want to visit, so I would recommend this method if it's possible for

you to maintain your focus of attention on both your Double body and your physical body simultaneously.

- As soon as you can, go visit the area where you traveled in the Out of Body state. Using your notes, try and confirm the things that you saw in your Out of Body travel. Pay special attention to those things that are usually in the periphery of your attention.

Phantom Images and Events

This is a great exercise because it allows you to establish a really powerful connection to your Double body. It also allows you to begin to pay close attention to the Phantom Images that pop up during your excursion.

When I talk about Phantom Images I am talking about peculiar images and events that sometimes pop in and out when you are in the Out of Body state. It could be for example that as you are traveling in your Double that some random thing appears in your line of sight, like a flying pterodactyl perhaps or a random chair that seems to pop in from nowhere. It is also possible that certain things in your environment might start to morph into different shapes or disappear altogether; these are Phantom Images. It is good to keep track of these Phantom Images because they can greatly affect your Out of Body Experience and can provide you with information that goes beyond the reasonable linear modes of information gathering that we are all used to.

Phantom Images and Events will always play a big role in the experiences that you have in the Out of Body condition. While I refer to these events and images as Phantom like, please note that there is nothing ‘unreal’ about them. They are always quite legitimate sensory perceptions that are as valid as any physical

object that you might encounter in the physical world. I refer to them as Phantoms because of their amazing ability to appear and disappear, and to be able to morph from one thing to another in the blink of an eye.

Returning to Your Physical Body

One final note that I would like to mention before closing this chapter has to do with the recommendation of just opening your eyes in order to find yourself back in your physical body. This is a very good method to get back into your physical body instantly but, if you have been out of the physical body for a long time, opening your eyes instantly can sometimes get a bit problematic. There is much talk of the symptoms that you might experience within some paranormal circles.

Often people talk about waking up from dreams and finding that they can't move their physical body; which can be terrifying. What is happening here most often is that the physical body has not adjusted to the return of the conscious self. In these circumstances the body is still paralyzed, which is a natural condition that stops the physical body from acting out all of the events that might be happening in the dream or Out of Body condition. This happens most often when the conscious self returns to the body too quickly and the body is not able to adjust its neurological frequencies quickly enough.

Being paralyzed like this can be traumatizing for obvious reasons.

It can become even more traumatic because when the body and consciousness are separated in this fashion, the physical self can become aware of things that it usually blocks out when the conscious self is fully connected to the physical senses. It is the case, for example, the people in this state usually become aware of non-organic beings and Phantom Images, things that they could never perceive during the normal waking state.

So, if you use the method of just trying to open your physical eyes in order to get back into your physical body, you might find that it is somewhat difficult at first to take control of your physical form. You might, for example, close your eyes in your Double body but then find that it is difficult or impossible to open your physical eyes. If this is the case, do not panic.

It will take a little bit of time for your physical body to adjust to the return of your conscious self. Just stay where you are, don't panic, and wait for your entire being to become cohesive again.

If this does happen to you, I would actually take it as a sign of accomplishment. It shows that you have actually made a big change in your conscious state. You have gone quite far from your Home Station; so far in fact that the physical body has shut down in order to give the traveling consciousness greater freedom. Just remember to stay calm and wait for your body to adjust to your return.

CHAPTER 8

Interdimensional Travel With Your Double

The double body is a powerful mental creation and can be used to explore the entirety of the physical plane. You can use it to explore the deepest oceans or the farthest stars. Indeed, you could spend the rest of your life exploring this physical plane and you would never tire of the wonder and beauty that is accessible to you.

In order to explore the physical world, you will need to be able to travel to all of these destinations. In order to do this, I use two basic methods:

1. I project into my double which is usually a few feet from my physical body, and then fly to the destination of my choosing.

2. I close my eyes and project my consciousness instantly to the place a wish to visit. I then manifest my double body there instantly as well. I usually do this by first seeing the area I wish to visit clearly and then looking at my hands. I try to maintain my attention completely focused on this place and my hands until everything begins to solidify more and more, at which point I can let my double body explore this new location.

Both methods have their benefits. For example, I usually find that

the first method is best when I wish to be more adventurous or when I am not exactly sure of the location that I wish to visit. I find that the second method is best for when I wish to travel to a very distant place, like another planet, or when I know where I want to go but I don't really know how to get there.

Interestingly though, if you engage in these explorations, you will come across some rather curious things that will make you question the nature of reality. Your first clue will be the Phantom Images that I mentioned in the previous chapter. These Phantom Images will make you question both the legitimacy of what you are seeing and, once you realize that your experiences are indeed quite genuine, where these strange images are coming from. What do they mean? And how do they affect this physical world?

Another interesting thing that tends to baffle those who have been having Out of Body Experiences for a while is that there is such a great lack of life out there. What I mean by this is that even though you might run across diverse forms of alien life both within the outer cosmos and even within our own planet, these alien beings are so scattered and so few that it will make you wonder why there is so little life out there.

Phantom Images that hint at interdimensional realities, and the scarcity of biological life outside our planet makes the experienced Out of Body traveler question the nature of existence, especially as it relates to highly advanced sentient life.

I will give you an example: let's say that you are very good at traveling with your double body. Let's say that you have taken some time to practice all the techniques that you have I have shown you in this book. Confident in your abilities, you use your double body to travel to Mars in order to explore the great red planet.

Arriving there, you are fascinated by the terrain and by all the geographical marvels that you find there. If you are lucky you might even be able to find certain odd structures that do not seem to make sense, at least according to what you have been taught about what should be there. However, you will not find alien life there (at least not of the local variety). At most you might find odd structures that are difficult to explain. These structures are not very interesting, mind you, because they are all abandoned and so worn by time that it is easy to believe that they are just natural land formations.

If you spend enough time traveling there, it could be that in one of your journeys you come face to face with what I refer to as Phantom Images. These Phantom Images might take the form of visions of large futuristic cities on the surface of the red planet; something that is obviously not there now and should never have been there if what we are taught about Mars is true. This phantom image might disappear as quickly as it appeared and you might be left wondering what all that was about. You might question this phantom image, thinking that it represents fanciful dreams on your part of what you wish you could find there. But in a small corner of your mind you might begin to wonder if this vision might

actually be real somehow; you might begin to ponder the audacious possibility that the life that you seek might actually exist in different dimensional fields.

After experiencing many odd visions like the one above, the Out of Body traveler develops a great desire to travel not just within the physical world but interdimensionally as well. This is actually a very natural step because it is quite easy to change vibrational frequencies while you are in the double body. Proof of this is comes from the fact that Phantom Images are constantly invading the OB traveler's journeys.

Indeed, these Phantom Images are actually an example of the double body's ability to perceive interdimensional data and they offer clues as to what might be there, unseen, in those other planes of existence.

If we take the journey to Mars example; in the physical plane Mars is quite barren aside from some rather interesting geography. But if you were to shift your levels of awareness, that is if you were to change your doubles vibrational frequency in a certain direction, you might be incredibly surprised to discover that in this new plane (or dimension) the planet Mars is a thriving world with incredibly interesting and diverse life.

The entirety of the physical plane is like this, you can go to many different places and see very diverse and beautiful things, and you

might even get lucky and discover interesting alien life there. Incredibly though, by shifting your doubles frequencies just a bit, you can experience this same physical area from a different dimensional perspective. In this way you are able to experience the infinite variety of probable dimensions that exist there; indeed, each point in space/time holds infinity within it.

Remember the techniques that I presented in Chapter 4?

Using these techniques, you learned how to change the dial of your receiver, just like you would change the dial on a radio. By doing that you were able to pick up sensory information from planes of existence that are ever so slightly different from the physical plane, our Home Station.

Using that same technique, you can experience the physical plane in a completely unique way. You can for example travel to a distant place and see this place as it exists now in this physical reality, in your home frequency. And you can also shift your double body's frequency a bit and experience a slightly altered view of that very same place. In this way you can experience Mars in many different ways, starting with perhaps seeing Mars with your double eyes perfectly tuned to our Home Station (the physical plane) and then you can change that dial a bit or a lot and experience Mars in a completely different fashion from a completely different vibrational frequency; from a completely different awareness perspective.

In this way, you will discover that Mars is barren and desert like

only in some dimensions, in others it thrives with life. When you become truly cognizant of this, I think that you will develop a great craving for exploring not just the physical but also the interdimensional, because it is there that you will truly find all of the mysteries that so confound us right now.

In order to begin to explore the interdimensional universe, I would recommend that you first begin to explore the inner realms using your newly developed and refined double body, without moving through the physical world at all. Once you have become very good at exploring the inner planes, you can begin to explore other physical places in space and time using similar methods.

The key component to the technique, that I propose that you first master, is that you use your double body to not travel somewhere in physical space, but that you instead change your double body's frequency and instantly transport yourself into another dimension. You therefore won't be going anywhere from point A to point B as you are used to in the physical plane, you will instead phase out of the physical plane and arrive at another plane (or dimension if you prefer) instantly.

You do this by changing the frequency of your double body; I refer to this as changing the dial away from your Home Station, at other times I refer to this as changing levels of awareness. Whatever you want to call it, what it is really is the ability to deeply change the focus of your conscious attention while you are in your

double body.

Exercise: Changing the Frequency of Your Double Body

- Begin by finding a comfortable sitting position on your couch as usual, finding you're 'Here and Now' point and focusing your attention on that for at least a minute.

- Close your eyes and visualize yourself in your double body as you did before. See yourself floating in the middle of your room as usual.

- I want you to spend at least five minutes floating like this in your room. It is hard to measure time in this Out of Body state but do your best, if it feels like five minutes then go with that (DO NOT open your eyes to check the time as this will bring you back to the physical dimension). Try to experience the physical room with all your double body's senses. This step is highly important because you are establishing a deep connection with your double body, and as you do so, over the period of time, as you focus more and more on your double body, you will begin to alter your state of awareness.

  Remember that I said that there is no need to engage in some odd meditative routine to change mental states. There is no need to do some boring mental routine to get from Delta brain waves (fully conscious state) to Theta or slower brain waves (typical dream consciousness). All you have to do is to just

visualize being in your double body and experiencing the world around you through your double's senses for a little while.

In a far more playful, interesting, and natural way, this exercise changes your conscious state by pulling more and more of your attention out of your physical body and into your double. It is therefore imperative that you take as much time as you need in this step, which means that you might do this for about five minutes or as long as YOU FEEL that you need to. Time is irrelevant in the Out of Body state, intensity of focus is what matters so you judge this by measuring the intensity of your focused attention on the double body; if you feel completely focused and solid inside your double body, you are there.

- After this focus of attention on the double body has been achieved, it is time to begin altering your vibrational state. You do this by patiently and slowly loosening your tight grip on the physical plane.

  You see in order to maintain your double body focused on the physical plane, you need to focus your double's attention on the physical things all around you; the couch, the walls, your physical body sitting on the couch, and finally your double body in this space. This focus of attention takes some effort so if you have been implementing the techniques that I mention in this book, then you have been using that feeling/sense of being in your Home Station to maintain yourself locked into it. This is the feeling that you get when you are at your most present, present. This feeling should be a great aid in maintaining your double's focus on the physical plane.

What you need to do now though is to slowly and patiently let go of that focus; let go of that feeling/sense of being in your most present 'Here and Now' moment while in your double body.

- As you do so you will notice that the world around you will start to change shape. This is when you need to be most careful and truly calibrate this change in your double's focus. If you don't, the flood of images will be overwhelming and you will most likely lose any sense of control over your environment or yourself. The worst possible scenario here is that you will actually lose consciousness and fall asleep. This must be avoided at all cost.

  Indeed, losing consciousness is always one of the major concerns when you are in the Out of Body state. The longer that you spend out of body, the more likely that you are to fall into unconsciousness. This happens because moving your consciousness into the double body naturally begins to change your state of awareness. This change in state of awareness happens because your physical body is trying to adjust itself, in order to facilitate these movements by your consciousness away from the physical plane. Your physical body therefore will begin to adjust the brain's frequency cycles and will further take steps to put the body into a catatonic state similar to the one that you experience when you fall asleep.

  This is a powerful natural process that will allow your consciousness to move quite far from the physical body and as a result allow the traveling consciousness to experience incredible altered states of perception. The one problematic side-effect to this natural shift that the body goes through, is

that the deeper that you go, the easier it becomes to lose conscious control and fall into unconsciousness. This unconsciousness is similar to the kind of dreaming that you experience when you sleep, or the kind of daydreams that you might have when you are really bored; this state actually mirrors the kind of state a person is in when they are watching television. The key thing to accomplish here then, is the ability to let the mind relax and change frequency ranges without losing conscious control.

- As the world around you starts to change shape, you must make sure to control the change by tensing up on the focus that you exert through your double body's senses. You can do this by focusing your attention on one of the random images, or sense experiences, that present themselves as your vibrational state changes. Try to keep your conscious focus steady on that one image that you choose so that it acts like an anchor holding you within that particular dimensional/vibrational range.

  For example, let's say that as you change vibrational states you suddenly notice that the walls that make up the room that you were in disappear and instead you find yourself face to face with a gorgeous waterfall. If you allow your focus of attention to meander on its own, this waterfall will most likely disappear quickly and will be replaced by something else. What you must do then is that you must focus your attention on this waterfall and 'will' your double body's senses to fully engage with this waterfall so that you are experiencing it as fully as possible. You do this until you can actually see, hear, feel, smell, and perhaps even taste the reality of this waterfall.

Engaging this seemingly phantom image in this way will allow you to move into a completely different dimensional plane of existence where this waterfall exists as an actual thing. This, I must very strongly point out, is not just a random image that you have imagined, it is indeed an objective event existing within a different plane of reality. By focusing your attention on this one event, you are drawn into this one particular vibrational plane. At this point you are no longer freewheeling randomly as you would in unconscious sleep, but are actually focusing your vibrational state in order to solidify your position in a new dimensional reality.

- It is possible that you won't be able to maintain your attention on this new vibrational/dimensional place for long. You will most likely be knocked off as it were, and be carried away by a new image that pops into your reality without any conscious control. This is OK, it just means that you need to work harder to develop your double's energetic control.

  What is happening when you get knocked around like this is that your ability to fine tune the change in your vibrational state is not very precise yet. What you must do therefore, is practice focusing your attention on these random sensory experiences that keep coming up. As you do, you will be training yourself in the kind of focus required to be able to find cohesion in a new vibrational/dimensional plane.

  Keep doing this over and over again until you are able to maintain complete cohesion in a new dimensional plane for extended periods of time. Conscious cohesion in a new dimensional plane is of key importance because without this ability you will not be able to navigate your way through the

other dimensional planes of existence.

If we look at the example of the waterfall image, what you want to do is to find complete cohesion within this new dimensional realm. You will know that you have achieved cohesion when the image/event of the waterfall becomes completely real to you and you are able to feel that you are complete there, in your double body, fully participating in this new place.

If, as you are trying to achieve cohesion, you are blasted away from the scene of the waterfall to some other random place, don't worry too much about it and just try to attain cohesion in this new place. Practicing in this way will eventually allow you to control your vibrational state. In time you will find it quite easy to change from one place to another; **which means that you will be traveling from one dimension to another.**

Traveling interdimensioanlly in this way is an amazing experience. The places that can be discovered and the experiences that you will have are beyond words. An entire lifetime can be spent doing this type of travel and the things that you will learn will be life altering.

Eventually, you should get so good at this type of vibrational/interdimensional travel that you will begin to discover patterns between these seemingly random fluctuations in your vibrational state; in other words, you will see a pattern in the kind of images that present themselves to you. With time, using your

understanding of these patterns, you will be able to easily pinpoint where you want to go and what you want to see.

Once you have mastered this technique, try traveling to new physical locations in your double body and then move interdimensionally from there in this new location; doing this will allow you to discover much more about the places that you visit. You can, for example, use this technique to go back into the past or to travel into the future and find out what this place did or will look like. You can also investigate probable universes where things moved in a completely different causational line, creating totally different realities.

CHAPTER 9

Protecting Your Double Using Energetic Containment

Before we begin to explore the many benefits of inner plane travel with your double body, I think that it is imperative that I provide some techniques that you can use to protect yourself.

As I said before, I can't stress enough the fact that you are inherently protected while traveling in the Out of Body state. Besides the fact that most of the aggressive things that you will encounter out there will be of your own making, your double body is an incredibly strong structure and it would not be an overestimation to say that it is nearly invulnerable to external damage as the term is understood from our physical perspective.

Even though rare, it can face some obstacles that can cut your trip short or that can make these trips highly unpleasant, so I will provide some basic procedures here that should allow you to overcome most of these obstacles.

Out of Body self-defense comes down to one major thing:

ENERGETIC CONTROL

I suppose that I am being a bit tricky when I say energetic control because it is the case that all action is energetic projection so

energetic control is really the ability to control all personal action. We tend to have a very limited understanding of action, so we tend to believe that the only kind of action possible is physical action. You must realize though that physical action is only the external consequence of internal action; that is all physical action begins internally in the form of thoughts, emotions, and intent.

Later in this chapter I will explain why this energetic control is so important. For now, let us contemplate what energetic control involves.

It is generally advised that the best way to contain and direct internal energy (or psychic force) is through thought control. It is thoughts that direct the mind, which directs the brain, which then projects energy outward in the form of emotions, thought force, and physical action. So, it is believed that by controlling your thoughts you can control your emotions, manifestations, and actions.

For example, people are usually told that if they want to be happier they should control the kind of thoughts that they have:

Think better thoughts and you will have a less negative reality.

While this is usually good advice when it comes to life in general, this type of thought control is not ideal for the Out of Body traveler. This is because the Out of Body traveler most often has the great desire or prerogative to explore and to discover new realities. An explorer, a seeker of truth, is not interested in thought

control because thought control destroys true perception.

Let's say that you leave your physical body and begin to explore the greater realms using your double body. Perhaps the reason for your travels has to do with a desire to see the world beyond the limits of the flesh and you therefore travel far in order to discover some wonderful new reality 'out there'. Under such conditions, when you get there and you witness this marvelous new place, the worst thing that you could possibly do is to cloud your perceptions of that event that you traveled so far to see. If you change your thoughts this is exactly what you will be doing.

I'll give you an example from one of my journeys:

I love to travel far and see things that are at the very limit of my perceptual abilities. In one such journey, I had a chance to come face to face with a sight that felt like it could have driven me mad had I stared at it long enough.

What I believe I was seeing was a black hole in the far reaches of our physical universe. I was far from it, far enough that I felt safe from it, yet the sheer power of what I witnessed was so overwhelming that I felt that I was dying, that I was being ripped apart.

There is no way to explain this sensation; the closest might be the feeling that comes over some people when they first see the Grand Canyon. It was this feeling of endless nothing, an endless nothing that is so big, so deep, and so beyond scale that it pulls on the very essence of you. A pull like the funny feeling in your stomach when an elevator descends too fast, magnified a million times.

It feels like you are going to be ripped from the inside out and nothing can stop this all-powerful force from doing just that. It felt like I stared at that thing for an eternity, but in retrospect, I am sure that it was only seconds in physical time. That was probably the greatest fear I have ever felt. I nearly became unconscious.

Now, if I would have followed usual thought control procedure in order to try and control my emotions and mental stability, one of two things would have happened:

1. I would have succeeded in thinking about something else, like pink bunnies perhaps, and I would have soothed my breaking mind. Unfortunately, if I had been successful at doing this (no small task while witnessing a black hole) I would most likely have zipped out of where I was and would probably have ended up in some crazy cartoon farm somewhere in another dimensional plane.

   However, I didn't want to be in some cartoon farm, I wanted to see that horribly gorgeous monster. I wanted to experience it all, I did not want to skew my perceptions with thoughts of personal courage or love for all mankind. Had I changed my thoughts, had I thought anything at all at that moment, I would not have seen what I saw; I would have only seen what I thought I should see.

2. I would have failed miserably, wasting my energy trying to overcome that maddening juggernaut with my little thoughts. I would have lost my focus and I would have either lost my connection to that thing or I would have lost my memory of it

and I would not now consciously be aware of what I had witnessed. What a terrible waste.

If you want to have OBEs in order to just explore personal desire, then thought control of the kind that is usually taught is useful. These kinds of experiences are great. I personally love them as much as the next Out of Body hedonist.

But if you are a seeker of truth, like I am sometimes, then thought control is the worst thing possible. Instead of thought control, the seeker of truth needs to practice emotional control; energy control. He/she needs to experience it ALL completely, with less thought if possible, not more. In other words, you need to allow your logical deductions to have full freedom, you need to feel the full force of your instincts and perceptions (no matter how dark or evil) to happen freely because that is the only way to SEE clearly.

But self-defense demands energetic containment which means that the OB traveler needs to control his/her emotions directly without altering his/her thoughts.

But how is external action the consequence of internal action? And how do we stop emotion without controlling our thoughts?

While in our physical bodies, we tend to experience emotions and energetic projections in a completely different way than we do

when we are in our etheric/double body. In the physical body, we are actually so used to going on about our daily lives that for the most part we completely forget or don't realize that all our motions and emotions are really energetic thrusts.

We must become conscious of the fact that every emotion that we feel and experience is really an energetic burst:

Emotion is energetic motion that is not expressed as physical action

If you are really observant when you are experiencing an emotion, you will realize that your body does a number of interesting things during this ‘Internal-Motioning’ process. The most pertinent thing to the Out of Body traveler, and the one thing that is easiest to identify, is the fact that your body tenses up when you are going through this process.

The next time you feel a strong emotion, see if you can notice what your physical body is doing. You might notice that all emotion tends to tense up parts of your body in a similar way that your body might tense up when it is doing physical activity.

With a little introspection like this you will begin to realize that emotion is a type of internal motion.

What is going on is very similar to what happens when you act

physically. Think about what happens when you walk from one end of a room to the other. Generally, and in simplistic terms, your brain signals your body as to what it wishes to do through nerve impulses. Remember that these impulses are just energetic projections after all. These electrical impulses fire your muscles and activate certain contractions within them that allow you to move your body. In this way, without a conscious thought, you are able to move physically from one end of the room to the other. In other words, your entire physical action is a burst of energy that is directed in a certain fashion in order to create a certain outcome. And as many of you who have familiarity with physics know, your bones, tendons, muscles, and tissue are all really energetic structures vibrating at certain frequencies so you could say that every physical movement is energy moving energy.

In simplistic terms again, emotional energy travels through the body in very much the same way that nerve impulses do. As it travels through the body, this emotional energy acts like water going through a hose. For one reason or another, this hose often has kinks in it and as a result this energy accumulates there in the same way that water would swell up an old kinked up rubber hose. Since the water (emotional energy) is not able to get through that kink fast enough, it instead pushes its way through the walls of the hose and begins to ooze out from it like a kind of mist. This mist is emotional energy oozing from the body, which is felt as tension. With or without kinks though, all such emotional energy release from the body has the effect of turning you into a big giant glowing ball of energy.

While you are in your etheric/double body this emotional discharge happens in very much the same way as it does in the physical body. Because there is no physical tissue to slow down the energetic impulses, this emotional energy usually radiates in a much cleaner fashion which means that emotions are felt but they do not tend to last very long or have such great intensity. In the double body, emotions are usually experienced as a knowing, as a type of angst. But with that knowing, there is still a projection of energy away from the body so that the emotion is most often experienced symbolically as an event, which then generates more emotion in a type of biofeedback loop.

How this happens is that the projected emotions from your double body radiate directly into the environment around you. This energy meets no resistance (there are no kinks) from the double body so it flows out naturally, but as it meets the exterior environment around you it instantly begins to manifest things. Emotion is energy, and this energy is usually infused with powerful intent:

ENERGY + INTENT = MANIFESTATION

And since you are now a part of a higher vibratory field, because you are in your double body, manifestation is instantaneous. Therefore, depending on the emotion that you project, you get different instantaneous manifestations. If you are feeling sad for example, you might instantly manifest a rainy day or a gloomy grey room. If you are projecting love, then you might see a lovely sunny day or a cute kitty.

Your emotions are your reality when you are in your double body.

Whenever you project emotion, you manifest instantly. This can be highly problematic because feeling emotions in this OB state has a natural tendency to create a self-sustaining loop. You feel an emotion and you instantly manifest an event or object. And since you are now experiencing this event or object, you become even more emotional and as a result expel more emotional energy, which then makes your manifestations bigger and more powerful, which then makes your emotions even stronger, etc. etc.

Before long, you are in such a self-created pit of emotional angst that all you can really do is either get complete control over yourself or end the Out of Body session as soon as possible.

But that is just the start of it, because of this emotional outburst that seems to be getting worse and worse, you are beginning to shine like a glow bug. This emotional energy might look like objects or events to you, but other entities within this world see it differently. To these other entities your emotional energy is like a glowing beacon that spells F-O-O-D, or at least a beacon that attracts some curious thing to investigate. To put it in perspective, try to imagine what might happen if you went down into the deepest darkest ocean and turned a big giant spotlight on. Before long you would be surrounded by all manner of creatures trying to figure out what was going on and whether there might be a meal to

be had.

The thing is that we are ‘aware energy’ that knows itself. As such, we will always give off energy wherever we go, whether we construct a double body or not. In other words, we will always attract attention either in our physical body, in a double construct or as a floating, bodiless orb, because we are light, we are aware energy. But we can control how much energy we are projecting so that instead of radiating light like a lighthouse on a dark night, we can subdue this light so that we attract the least attention possible. This can be done through emotional control.

The two biggest problems that result from a lack of emotional control are:

1. You create all sorts of obstacles for yourself because as you experience negative and positive emotions. These energetic outbursts then create instantaneous manifestation within the astral (for a lack of better words) environment. These manifestations can become very distracting and sometimes even painful.

   If, for example, you are feeling great rage and frustration over something that you experienced or are experiencing, you could literally create a monster that will impede your travels and could make it very difficult for you to get back to your physical body. I am not speaking figuratively here, you can actually create a real monster, like a large hairy dark shadow beast for example, that can get in your way, attack you, and

cause you great pain.

This monster is not some creature that existed independently in the inner/astral plane; it is a thing of your own creation, that is fueled by you, and that can be just as real and debilitating as encountering the real thing.

2. You act like a beacon, attracting thought forms that have been created by others, non-organic energy predators, and even alien life that is either curious or predatory in nature. This is because within the inner plane, emotions are a type of energetic radiation. This emotional radiation is food and is seen as a type of multicolored light by many entities.

I personally find that when traveling through the inner/astral dimensions, it is much better to be able to move unseen and unfelt so that I am able to explore whatever I want without worry. I can do this by keeping my energy contained within myself, in other words by controlling my emotions and impulsive reactions.

This doesn't mean that I'm going to control every single emotion and impulse that I will ever have during my Out of Body excursions. What it means is that I am first and foremost using my logical mind to discern my objectives and the state of my environment. Once I know that I am safe in the place where I want to be, I can express myself freely. I can allow myself the pleasure of experiencing my environment fully. It is all a matter of taking responsibility for your emotional actions.

I believe that the best way to learn this kind of energetic control is while you are in your physical body. This is because the physical environment is far more stable. Once you know the cues that your body goes through when it is projecting energy through emotions, impulses, or intense thoughts, you can practice controlling these bursts in a measured way. Once you have mastered the feeling/intent that is required in order to control and pull back these energetic bursts, you can easily use that same feeling/intent while you are in your double body.

The mechanics of this kind of emotional control while in the physical body are simple, but getting good at them does require diligence and concentration. The development of this type of skill requires that you pay close attention to your physical body, to your thoughts, and to your impulsive behavior.

Exercise: Emotional Control in the Physical Body

What you need to do is to pay attention to yourself and your body reaction as you go through a typical day.

For example, let's say that during this typical day somebody does something that you absolutely hate (or love). When this happens, see if you can catch yourself, then pay attention to what you are feeling and what your body is doing as you have this emotion.

If I pay close attention to my body when I am having an intense emotion, I can feel this emotional energy running through my body like an electrical current. I can feel this energy pooling in certain areas, tensing my muscles just like electricity running through me.

It is even possible to pay attention to your impulses if you are quick and attentive. You can pay attention when you are either impulsively drawn towards doing something, or are startled and as a result have an impulsive reaction. To me, impulses feel like being splashed with cold water or like I just put my finger in a live electrical socket, if the impulse is strong enough.

Lastly, you might also see if you can pay attention while you are

experiencing a very powerful thought. If, for example, you are going through your day and you find yourself having a very intense and powerful thought, notice how the intense energy of this thought creates similar thoughts that you then also project within your mind. This stream of thoughts might become so powerful that it actually blocks out the physical world to a certain degree. This is a very good example of how certain thoughts might project out from you while you are in your double body and how these projections can be so intense that they put a barrier between you and the real events around you.

Once you can identify the movement of this emotional energy as it goes through your body, the next step is to control the flow of this energy.

What I usually recommend to those who are practicing emotional control is that they get really good at relaxing their body. Since emotions tend to become overwhelming in the physical body because of an energetic build up through the body system (a kink in a hose), the best way to greatly reduce an emotional reaction is to relax the body completely so that no energetic kinks in the hose can develop, which then allows this emotional energy to quickly exit your body and not create such great havoc in your mind. Unfortunately, this method does not stop emotional energy output, it just helps the body to release this energy quickly so it does not linger and hurt the body and mind.

However, in order to truly halt emotional energy output, what you need to do is actually pull all of that energy into yourself instead of letting it project out. **This is the only way to truly stop most**

energy output.

Creating a psychic shield around you for example, which is what most teachers advise to protect yourself and to stop energy loss, would not work because such shields:

- are hard to maintain
- require large amounts of energy to create and maintain them; so instead of stopping energy projection, you are actually projecting even more energy which attracts even more unwanted attention
- usually break if the emotional outburst is strong enough
- are mentally costly because they require an inordinate amount of attention
- create a barrier around you and your environment which means that you are less sensitive, and therefore less aware

Usually I recommend that a person pull their emotional energy into themselves through different breathing techniques – as I have outlined in "Vampire's Way to Psychic Self Defense". These kinds of breathing techniques are not possible in the double body though, so I would recommend that anyone practicing these techniques for Out of Body travel learn how to do this through feeling/intent instead.

In order to learn this feeling/intent, practice doing something really simple; put a cup or something small in front of you, on a table perhaps. Then try to make that cup come towards you using just

your mind; pull on it with your mind. It is doubtful that the cup will move towards you, but that isn't important. The important thing is that you get to know that feeling/intent of trying to suck that cup towards you.

That is the feeling/intent that you must use to pull your emotional energy into yourself so that it is not projected into the world around you.

The next time you feel a strong emotion, instead of trying to just relax your body or trying to somehow halt this powerful energy from running through your physical body, try instead to pull this energy back into yourself.

Hopefully you did the cup exercise that I recommend so that you know what that sucking feeling/intent is all about. Use that feeling/intent next time that you feel strong emotion; suck that emotion into yourself, pretend that you are reabsorbing that energy into yourself. You should feel instantly better and far less emotional.

You also need to do this whenever you experience an impulsive reaction or feeling. The next time you feel the impulsive urge to do something, I want you to also catch yourself in the act of it and use that sucking feeling/intent to pull that energy back. See if you can act quickly so that you catch and contain that impulsive energy before it has a chance to escape your body. If you are suddenly frightened, contain yourself by pulling all that fright back into yourself and hold onto it until the fright goes away.

You can even pull the energy from a really powerful thought so that it loses its power and it no longer blocks the world around you.

If you can do this throughout your day, you will be completely centered and grounded. When this happens you will feel an incredible sense of freedom because you will no longer be at the mercy of whatever emotional tempest rolls your way. What I find extremely interesting is that when I am deeply grounded in this way, I experience the world around me sort of like being a stationary pillar in the midst of a storm.

Being grounded like this allows you to become far more sensitive to the surges of energy all around you as the people around you go about their life projecting energy left and right. This energy accumulates and pools into tides that roll past you like wave after wave of energy.

Emotional Control in the Double Body

Get to know that feeling of being grounded and centered, that feeling of being a pillar in the tide of human emotion. If you do experience emotion of any kind, pull that emotion back into yourself using the sucking feeling/intent.

Then when you are in your double body, bring that feeling of being grounded back to yourself, and use the sucking feeling/intent when you need to. The most amazing things will begin to happen when you do this. The most obvious change will be that certain parts of the world that you are in, while in your double body, will collapse. This is because you have withdrawn the energy that was needed to create them; when you remove your energy, they quite simply disappear.

After you remove your emotional energy two things can happen:

- If while in your double body, you are moving through this physical plane, or another alien world, then sucking all this energy back into yourself will reveal the real world before you, minus all of the prejudiced baggage that you were creating. As I mentioned, manifestations while in the double are almost always instantaneous so whatever we expect, we create and in that way we cloud our perceptions; so that we

end up seeing what we think we should see instead of what is actually there. By pulling your energy you will be assured that you are seeing whatever world you are in as clearly as possible.

- It can also be the case that when you pull your energy and all your personal manifestations disappear, that you might be very surprised to note that the world around you is actually a Grey Zone or a Black Sea; a seemingly endless dark expanse. This means that while in your double, you were not in a separate alien world, not in this physical world either, but instead you were in the Grey Zone. This means that you were in a personally created event; one that you had completely created with your mind. **So by pulling your energy back you can find out if you are truly in an actual world that exists on its own, or if you are in a personally created event.**

You can travel through this dark Grey Zone like in the same way that you might travel through an endless sea, moving farther and farther away from the physical world until you run into other alien worlds that are also contained within this place.

You might not want to travel through this dark sea at all but just use parts of it to manifest your wildest fantasies. In this Grey Zone you can create your greatest joys and your most horrendous nightmares depending on the intent and emotions that you project; energy projection creates instant manifestations easily in this place.

This place is also full of other travelers from other planes of existence. It is possible therefore that in your travels through this

sea that you might come across people who are consciously or unconsciously traveling through this place in the Out of Body state. Quite often people have OBEs without any conscious knowledge, and if for some reason they do remember some of these travels, they often call them odd but ordinary dreams.

You might also run into people who have died in our physical world. Some parts of the dark sea are full of departed people that are experiencing aspects of life beyond the flesh.

Finally, you might even run across alien denizens from far away worlds. This dark sea connects all worlds/dimensions and even though it is a vast place beyond measure, it is possible to run into alien travelers here as well.

To recap then:

- The first step is always to use your feeling/intent to maintain energetic containment in your physical body as I have shown you above. Practice makes perfect.

- Second, remember this feeling/intent and use it while in the double. This technique will allow you to stop most emotional release without clouding the Out of Body world that you want to experience. If for some reason there is an emotional energy leak on your part, you can pull that energy back into your double body.

- You will know instantly that you have been successful because

you will feel very calm and stable. If you need to reabsorb emotional energy, then you will feel this energy coming back into your double body. It will also be the case that a large portion of your external world will disappear and you might be left facing a dark seemingly endless space.

Let's say that when you are in your double body, traveling through the physical world like a disembodied ghost, you are confronted by some kind of monstrous thing. This encounter immediately brings up three intellectual problems for you.

- How can I encounter a monster like this in the physical plane?
- How can I feel such intense emotion in by etheric body?
- **How do I overcome this thing that seems to want to hurt me?**

You can and will encounter many odd and strange things even in this physical plane when you travel in your double body. This is because this world is not the hard object-filled place that we fool ourselves into believing it is. In the physical body we have trained our senses to ignore a great deal of sensory data and we are constantly working with other human beings to establish a world view that only allows in it, things that fit in with the general belief system of the times.

In our double bodies, our new senses are much more powerful and are not as rigidly under control so we are easily able to pick up all sorts of extra-sensory perceptions that are usually invisible to us in our physical bodies. This weird extra-sensory stuff that we perceive is sometimes bleed through from other dimensions but most often it is material that is always present in this physical dimension, we just can't usually perceive it with our physical senses. These Phantom Images as I call them are usually;

- Thought forms, created by you or by other people.
- Lower non-organic life that usually prey on human energy.
- Higher order non-organic sentience from other dimensions that can be predatory or benevolent.

Running into any one of these intent-driven entities can be a big nuisance to the Out of Body traveler because they love to get in your way in order to feed off your energy or to investigate what is going on. If they are 'fear and wrath' created thought forms, then they can also attack you because they have been programmed to do so or because this is what makes up their inherent nature.

The good thing is that if you do run into phantom creatures like the ones mentioned above, that just don't want to get out of your way, you can circumvent all such entities by controlling your personal energy. If you master the ability to control all emotional output, you become invisible to them and even wrathful entities move away because they only attack individuals who reflect

energy back at them.

If you do not project or reflect emotion, you become invisible to lower order entities, and unappealing to the higher order ones. In this way, energetic containment becomes an Out of Body traveler's best friend.

CHAPTER 10

Exploring the Grey Zone for Fun and Profit

The Grey Zone is a very interesting place. The best way to think about it is to think of it like the void that exists in between worlds. It is basically like the nothing that holds everything, or the dark sea, that contains all the worlds available for exploration.

This Grey Zone is free from any of the constraints that bind us in any world. You see, the big difference between any one world and another comes down to the differences between the laws that are applicable within that world.

In our physical world for example, there are certain energetic laws that apply, which then make this world continuous or constant. What I mean by this is that within our physical world there are certain laws, certain inherent rules that we must adhere to. These rules allow this world to have cohesiveness and it is those rules that create a containment bubble that allows for separation between this world, the Grey Zone, and other worlds.

Please note, this does not mean that there cannot be worlds within worlds or bleed through from the Grey Zone into certain sections of a particular world.

As an Out of Body traveler, you have the possibility then of

exploring:

- Our physical world
- The Grey Zone
- Other complete worlds besides our own (alien dimensions)

In Chapter 7 I concentrated on showing you how to explore our physical world using your double body. There I spoke of how to find the feeling/intent for your Home Station so that when you find yourself in your double body you can use that same feeling/intent to keep yourself rooted within this physical world. Using the methods outlined there you should be able to explore the length and breadth of our seemingly infinite physical universe.

If you will remember back further, I also showed you in Chapter 4 how to travel within the inner dimensions. What this inner dimensional travel means is that using the methods outlined there you should be able to travel into the Grey Zone by changing your awareness dial. The only problem with the method discussed in Chapter 4 is that you were not using your double body, and as you now know, the double body is a very advantageous thing to have when you are exploring in the Out of Body state.

It was for this reason that after learning how to create and solidify your double body (discussed in Chapter 5 and Chapter 6) I

introduced a method in Chapter 8 that allows you to travel interdimensionally using your double body. This interdimensional travel is really just a vibrational movement through and across the Grey Zone to get from one dimension to another. Chapter 8 then shows you how to travel into the Grey Zone with your double body.

Distinguishing the Grey Zone

You might be asking yourself, "How do I tell the difference between the Grey Zone and other alien worlds or dimensions?"

The unfortunate truth is that it is sometimes very difficult to tell the difference because as I had mentioned in previous chapters, whatever you project you instantly manifest in the Grey Zone. As a result of this it can be quite difficult to know if you are in a whole new alien realm or if you are in the Grey Zone projecting what you desire to see. I personally find that there are three major ways that I use to know if I am in the Grey Zone or in an alien world:

1. I try to make an object change shape or disappear. If you see a tree for example and you use your double to project energy and make it change shape and it doesn't, then you know that you are facing a real separate thing that exists in its own world. Similarly, if you voice a desire like, "Tree disappear," and it doesn't, then it is most likely a separate thing and you are in an alien plane or are in the Grey Zone facing an alien entity. In which case try to make something else disappear and see what happens.

2. I use my intuition. Your intuition is a very powerful ally in the Out of Body condition, trust your instincts.

3. The best and most useful method that I employ is Energetic Containment. As outlined in Chapter 9, I use the pulling in energy feeling/intent to suck energy back into my double. If certain objects or aspects of the world that I am in disappear, I am fairly certain that these were personal creations and not individual things or worlds existing on their own.

Using the double body construct to travel into the Grey Zone is advantageous because it allows you to have certain perspectives which can only be possible when you have a strong sense of self-identity. The double body, for example, will allow you to experience many things from a perspective that will feel very much like having a physical body. This perspective is very important to us at first because it allows us to understand things from a frame of reference that we are used to as physical beings. This double body perspective is also very important because it helps us to establish a more coherent understanding of how space and time work in this Zone so that we are then able to establish new territory and create internal maps. This self-coherence provides a more logical constancy which can be invaluable in the darkness out there.

Reasons to Explore the Grey Zone

There are two major reasons to get to know the Grey Zone:

1. It is the connecting link between all worlds. As such travel through this Zone is a requirement of any kind of interdimensional exploration.

2. It is in this Zone that we do a great deal of our inner work and spiritual growth.

It might be interesting for you to note that you are quite often exploring the Grey Zone while in your dreams. The unfortunate thing is that we are seldom conscious of the dreams that we have and if we are aware of them, we are often unable to control the dreams in any way. This makes directed exploration and growth through dreams a very long and spotty process.

By using your double body and exploring the Grey Zone in a more conscious and directed way, you will be able to learn a great deal in a very short amount of time. This exploration with the double body can help you to explore such things as:

Probable Events

One of the things that make the Grey Zone such a powerful place is that in this place the conscious self has the great advantage of being able to interact with the whole psyche. I use the term psyche to define the complete being; I try to stay away from the term ‘soul’ because this word has so many religious preconceptions.

The conscious self, the you that you are now, is but a strand in the totality of your entire psyche. Within the Grey Zone, you are able to interact with the greater part of your being and explore probable worlds where you engage in a multitude of possible alternate realities. In order to do this, you quite simply interact with the symbolic and sometimes quite literal images and events that you encounter in your travels through the Grey Zone.

You might for example, find yourself experiencing events or reacting to objects that do not exist during waking physical reality. Some of these alternate probable events might involve simple things like owning a different car, or they might involve major differences like being a completely different person; perhaps even being a different gender.

Experiencing alternate probable events can happen in very much the same way that it does when you are dreaming. This ability to explore alternate realities can explain why remembered dreams oftentimes seem so convoluted, especially since most people can’t lucid dream and therefore feel like they are being thrown into one crazy event after another.

In order to explore these alternate probable realities in a more conscious and deliberate way, what you need to do is to follow

certain objects or events and attain cohesion within them by focusing all your attention on them. In this way, using the techniques described in Chapter 8, you can engage in what might seem like complete alternate realities. These will oftentimes seem like little weird dramas that you are suddenly thrust into. Since you are in your double body, you can fully participate in these little dramas as yourself, either watching the scene happen like a person watching a play or completely involving yourself in what is going on like another character in that play. The best part is that you will be able to try and experience all sorts of weird and wonderful things, and afterward you will remember these adventures completely.

The things that can be learned from such journeys are amazing. Since time in this inner Zone is measured in intensity, not in sequential movement through space, you could have a lifetime of experience in an hour of physical time. Imagine then having a lifetime of experience as a musician, even though in normal reality you might be an accountant. Imagine what you might learn from experiencing what it might be like to be a parent, a grandparent, a thief or a saint.

By exploring your feelings and exploring the images and events that you project and are projected by the psyche, you will be able to discover what certain probable realities might entail, and what lessons they can teach. Think of it like being in an ultra-powerful virtual environment where you can freely contemplate probable futures and realities with the help of an all-powerful super computer; a super computer that talks to you through virtual events and symbols.

Then realize that all of these probable realities DO exist

somewhere; you are not imagining all this, you are traveling through space and time!

Overcoming Phobias

In the same way that you can explore probable events that you might like, it is also possible to explore probable events you might fear. Sometimes when people find themselves exploring the inner realms they can encounter very dark things. Often people tend to move away quickly from this area in the dark sea, sometimes they even disengage from their travels completely and return to their physical body.

It is a better idea to engage these difficult realities because overcoming them can be a powerful growth experience. Confronting phobias in this place can be one of the most difficult things that you will do in your life, but in this place, in your powerful double body, you are not powerless, and winning here can completely change your life.

For example, you might find yourself feeling weak all of a sudden and engaging in an event where you find yourself sick with some disease that you know will kill you if it becomes a true event in physical reality. Exploring this event in this virtual environment will allow you to discover why these thoughts and ideas are in here with you, why you might even want it to happen in some way, and most importantly how you can nullify this event if you want to. You might be able to nullify this event by experiencing how debilitating and painful this condition might be and as a result discover your inner will to fight for better health, or you might

discover that this ill health is the result of a certain belief that you have about what your life is supposed to be, and then change that belief in here so that you get the better outcome that you really want.

Sometimes a phobia can be as simple as finding yourself face to face with a big hairy spider or some other physical thing that you dread. Quite literally fighting this spider and killing it with your double body might be how you deal with this phobia. Such a simple seemingly one-dimensional battle can be incredibly empowering, especially if that spider was a symbolic representation of a bigger issue.

Manifestational Control: The Control of Energy Projection

The most wonderful aspect of being able to take your complete double body into the Grey Zone is that it is such a great asset when it comes to controlled energy projection. In this inner plane, as you already know, all energy projection has consequence:

- It can be both a beacon to other entities
- It can cloud your awareness

But these negative consequences are balanced by one very positive one; in this place you can instantly create whatever you want!

This means that you can literally do anything that you could

possibly imagine in here. Just like being completely conscious in a dream (lucid dreaming), here you have the power to explore the very limits of your desires. In many ways this kind of exploration with your double is far better than a lucid dream because you are far more aware of where you are and what is going on. As such you can travel to different areas within the dark sea and can then begin to manifest entire realities from the ground up.

If you have been Out of Body for a long period, this event will be as real as the most real physical thing that you have ever done. This is because as you focus your attention for longer and longer on your double body, and as your physical body relaxes NATURALLY more and more as you do so (even becoming completely paralyzed like it does when you are dreaming), your journeys into this manifestational wonderland will become as vivid and real as any waking life event has ever been.

Once here, you should explore all your energetic and manifestational capabilities. You can easily do this by exploring all your desires and creating entire worlds in which to have fun in. Here you can also practice controlling your energy output like I showed you in Chapter 9 so that you can see how powerful complete energetic containment is and how it can help you overcome the obstacles that you might encounter in your travels. All of this will allow you to train your double in energy projection.

Movement with Your Double Body

Doing all of the things mentioned above will train you to become

an expert at moving and doing things with your double body. This movement does require some effort to learn because it involves a kind of movement that is markedly different from the kind that you are used to when in your physical body. This movement involves the use of your personal intent which is accessed through your highly developed focus of attention; you focus all your attention on your desire to move there, without any contradictory thought whatsoever, and you move.

When you have mastered moving your double body, all things get a lot easier.

How to Overcome Life Obstacles

A great deal of the dream work that we all do when we are sleeping involves a re-balance of personal energy as we face difficult life obstacles and contemplate probable future events. Much (for some, all) of this work is unconscious because few people can remember their dreams with any great clarity.

By being able to enter into the Grey Zone while fully conscious in your double body, you can now do much of this work consciously and deliberately. The benefits of this can be awesome because the things that you can learn are amazing and truly priceless. Generally, when we learn unconsciously we tend to experience this new wisdom as an intuition, as a strong feeling. This inner intuition can be quite potent and can be of great help to the conscious self, but if we have trouble trusting intuitions, or if we are just not that sensitive to our feelings, a great deal of the learning that takes place in our dreams can be lost. Now though, you have the ability

to enter this inner realm where most dreams happen in a fully conscious state, which means that whatever you experience there will not be easily forgotten.

You overcome life obstacles by allowing your greater psyche to project seemingly random events and ideas that you then have to overcome or face directly in one way or another. These of course are not random, but are actually symbolic and sometimes quite literal problems and possibilities that can affect your future. You can also consciously create probable events that can help you discover the feasibility of a future plan and can help you decide if this is something that you really want to be a part of.

As you do this, you will be addressing issues and re-balancing your energy, while at the same time becoming much wiser because your life experience and creativity will grow at a fantastic rate.

For example, while in this realm you could find yourself contemplating a simple thing like what it would be like to get a new car, or you could face a very difficult life problem like exploring the possibility of divorcing your partner. Since these events can feel VERY real when you are deeply focused, you will for all intents and purposes be actually living through these powerful life events.

Overcoming these obstacles while in the inner realm will allow you to discover whether such probable events need or should be a part of your physical reality and what the consequences of such actions will be. As you do this, your double body will experience a great deal of energy projection as it deals with all of these events, some of these emotional thrusts will be so powerful that they will actually be experienced intensely by the physical body as well.

This energetic movement (often felt as intense emotions or powerful manifestations within the inner realm) can free the ego self from emotional blocks and even regulate the physical body's chemistry so that these inner experiences happen in lieu of the 'real' thing. In other words, by experiencing these inner realities, like experiencing a terrible separation, your conscious self and the physical body are freed from having to experience these events in the physical world in order to release pent up anxiety.

It is very important when facing inner events that you make your personal intentions very clear so that you fight to overcome that obstacle whatever it may be. In this way you discover ways to overcome these difficulties, let go of toxic emotions, and grow wiser from each such event.

Conclusion

In the conclusion of this book I want to take the time to address what I believe to be one of the most intriguing aspects of Out of Body travel. This has to do with the fact that all of these explorations beyond the physical body seem to naturally direct a person towards the development of a greater awareness beyond the confines of the ego-centric self.

Perhaps from reading the material on exploration of probable realities, you have come to the conclusion yourself that these voyages can have a great impact on the ego; on our sense of self. This is perhaps one of the most important issues that an Out of Body traveler must face, and yet it is something that is seldom talked about.

From the moment you exit your physical body, your ego is put under greater and greater pressure as it begins to realize how small its ideas of self are. This assault on the ego starts when you first see your inert physical form as it lies helplessly across the room, and continues with greater and greater intensity as you explore the limits of your perceptual possibilities.

Exploration into probable realities, where you might find yourself in entirely different life situations, being a person or entity that you did not think you were, can begin to erode all sense of personal ego identity. These interdimensional jaunts beyond the body make

it quite clear that the you that you think you are is but one small pearl in a very large necklace.

In the best of conditions, these explorations beyond the body should allow for the ego to expand slowly over time; because of the sheer vastness of what is out there, a person needs a lot of time to explore it all. As a person explores and refines his skill as an Out of Body traveler, he is naturally given the time required to adjust slowly to ego shattering realizations that are constantly being presented to him.

Usually the biggest problem encountered as these journeys become more and more intricate, is that the ego self might take steps to end these journeys. The ego self can do this in a number of ways, but they all tend to come down to one thing:

FEAR

I find that this fear is most often experienced as a type of anxiety, which can be traced back to the self's fear of dissolution. This anxiety can be so great that it can stop any further Out of Body journeys, terminating any possible chance for an expanded reality.

The only fix for this problem is time, and the traveler's unbending desire to find out what is over that next hill, what is around that next bend. You might therefore find that you will need to take some time after certain ego shattering journeys. This time will be

needed in order to rebuild the structure of who you think you are. Hopefully though, with every new restructuring, your ego-self will become stronger and bigger, expanding as it journeys on and on.

Notice that I did not say destroying the ego. This is so because WE NEED THE EGO, without it we would go insane. The ego needs to get bigger, wiser, more flexible, and more powerful. The ego is the part of the mind that deals most closely with this physical realm; the ego is our intellect. In order to become more powerful, the ego needs to become stronger and far more complex.

I find that there are many people that believe that you must overcome or destroy the self (or ego) in order to expand personal power and perceptual awareness. This can be a costly mistake because it can have you waste a lot of time and energy trying to subjugate something can never be cast out completely, and because it can actually take away that extra power and ability that you might be seeking. The goal is not to kill the self but to make it more disciplined, more complicated, so that it can shatter the boundaries and prejudices that limited its potential in the past.

It is very important therefore, to cultivate wanderlust for inner exploration; the deep desire to want to jump into an eternity just to see what happens. Because in this way you will never run out of the need to go farther, explore more, and grow bigger.

Overcoming fear with time and the desire to find greater and greater adventure and knowledge will get you to a point that is very hard to describe. It is hard to describe because these journeys

can take you beyond our conceptions of what is possible for the self; to the very limits of what a human being can become. Such things in the end are beyond words and can only be experienced.

Eventually, after becoming a very seasoned traveler, and after exploring the infinite mystery out there and the infinite mystery that you yourself are, you will begin to voluntarily let go of the rigid ideas of who you are.

When this happens, you will begin to explore realities beyond human possibility, even beyond the double body that you have so meticulously created. At this point your experiences will be so beyond rational semantics that you will essentially begin to become an alien being in your own right and might perhaps decide to live an entire life in a wholly different realm as a being that is beyond the humanity that you left behind.

Such journeys might include things like living a life as an amorphous cloud, a being that has no real beginning or end but encompasses regions vast in comparison to the boundaries that we usually have placed on ourselves when we exist within a human body. Such journeys can also include the ability to experience life as a multidimensional gestalt of selves, each separate and distinct. At this point the limits of the single ego-self are broken so that it is possible to experience a multitude of different identities existing within one body, each having its own ego identity and each fulfilling its purpose completely without disturbing, but actually uniting and empowering, the entirety of the gestalt that they are all

a part of.

When you return to your physical body after such journeys, you might need some time to adjust to the intellectual consequences of such experiences. This time will become a time of restructuring; you might even begin to question the purpose of your physical existence. But such journeys and the questioning that follows them will help you to become even more cohesive as an individual and they will greatly expand your intellect and creativity.

Using the techniques that I have done my best to present in this book, you will be able to partake in dimensions that are usually lost within the intricacies of the subconscious. Even those who are able to dream lucidly seldom realize the grand vastness of the dimensions that they are a part of when they dream. They also seldom comprehend the possibilities open to them if they could only have greater control over the double body that they have stumbled upon.

As an Out of Body traveler, you are a psychonaut; an explorer of interdimensional reality, an aware creature that is learning to separate itself from the physical dimension that traps most humans. Mastering the techniques presented here:

- You are now free to discover the extent of this physical reality in a way that is not possible using the physical body alone.

- You have the power now to also traveled beyond this dimension and explore the very limits of time and space.
- You can discover the limits of the Grey Zone, the immensity of the Dark Sea that unites all dimensions.
- And if you are bold and intrepid enough, you can explore whole other worlds teaming with a variety of alien life that is beyond the imaginings of the greatest science fiction writers.

It is my desire that you become an explorer of the Great Outer Worlds. It is my selfish desire to see other humans with that haunting look of utter wonderment on their faces. That look that denotes someone who has been to the edge and has returned with a tale to tell that is so grandiose, that it is literally beyond words. I selfishly want more people to fill their lives with these wordless and barbarous tales.

So that when we see each other on the street we can share that look, and in second at least, we will know that we are not completely alone in our journeys into the Dark Sea.

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.” ― Albert Einstein

“There are things known and there are things unknown, and in between there are doors of perception.” ― Aldous Huxley

“Pleasure to me is wonder—the unexplored, the unexpected, the thing that is hidden and the changeless thing that lurks behind superficial mutability.” ― H.P. Lovecraft

APPENDIX A

The Laws That Govern Out of Body Experiences

I find that the greatest obstacle to changing states of consciousness is the mistrust, sometimes even great fear, of the inner subjective realm. Often people are scared of looking into their own subjective reality because they think that it is full of terrible repressed images and impulses. Other times people feel that these subjective explorations are a waste of time because this inner dimension is just filled with convoluted images and thoughts that they think have no relevance in the 'real' world.

Because of this lack of trust in the validity of the subjective experience I feel that it is best to first understand the laws and complexity of this inner world. **Understanding this inner plane is very important to the Out of Body traveler because:**

- **It is through this inner plane that most OBE travel takes place.**
- It can help you to understand how to navigate your way through it once you finally get there yourself.
- Understanding, and then eventually exploring this environment yourself can greatly increase your intellect and personal knowledge.
- It allows you to imaginatively contemplate how you will move and how you will manipulate in other realities, which can be of great help in changing negative beliefs about the possibility

of Out of Body travel so that you can finally have these experiences yourself.

In order to present these inner laws as succinctly as possible, I have tried as best as I can to separate them into objective units, like we are used to thinking of our physical universe about our physical laws. It is important to note though that these objectifications are for ease of understanding only. All laws, or aspects, of the inner subjective world interrelate and interweave, so that no one aspect can exist alone from the rest. This is because one supports the other and changes the other; all things within this system are affected by all other things, there is no real separation between one thing and another.

Here I will be presenting these laws or 'states of affair' as it were, as they apply to the inner subjective verse. This is the world inside yourself, the world that you see when you close your external eyes and instead look within. This is your subjective reality, your mind, and the bridge into the deepest realms of the human psyche. This is also the 'Dark Sea,' the 'Dreamscape' as we all usually experience it in our sleep.

You could also say that this is a Grey Zone; a place where we exist beyond our body. This infinitely vast place is like a dark ocean that separates one all-inclusive world (or dimension /plane) from the next. Within this dark sea, our physical world is but one world that exists among many more that can be explored when you learn how to navigate through these waters.

Please note that even though I make reference to an INNER verse, this place is actually beyond Space and Time as we usually understand the term. This is an actual other place, ITS NOT IN YOUR HEAD, it's just that the only way to get there is to close your physical eyes and instead look within.

This is a highly complicated topic to talk about because of the limits imposed on all of us through our linear language. I will do my best to be as clear and logical as possible, but it is my expectation that you will soon be able to engage in inner explorations yourself. As such, this is merely a set of guidelines to help you get started in the exploration of a world that is beyond words or rationalistic logic.

The laws are basically as follows:

Time and Space Are Not Linear; Nor Do They Exist as One United Entity

Within our physical world, there is the understanding that time is a linear function. Simply, this means that within time there is a past, a present, and a future. Furthermore, time cannot progress without movement through space and conversely there can be no movement through space without a change in time.

In the inner realm, this is not the case. Within the inner realm, the Grey Zone, it is better to think in terms of frequencies or psychological states as opposed to coordinates. This is so because physical movement as we understand it does not happen here, there is only change in frequency or intensity.

When we wish to go somewhere in the physical world, we tend to think of getting in a car or an airplane and traveling there physically. We think that if we are to travel to Mars or the far reaches of outer space that we must get in some kind of spaceship and go there. We seldom consider the possibility of being able to travel without moving physically, of going into ourselves in order to move without.

And yet, that is exactly what we are doing when we travel inward, into the Grey Zone. We are essentially changing the focus and

therefore the frequency range and intensity of our consciousness, which allows us to move without moving.

Time in the inner realm is best understood as intensity, and Space as vibrational frequency modulation. We fine tune these through the focus of our attention, and by doing so we tune into a certain space/time coordinate. You can think of this change in tune like a fine instrument correcting its pitch, which in completely human terms means a change in psychological states.

Space and Time, and therefore the totality of this inner world, have no fixed coordinates like they can have in our world. They exist in a state of nonlocality which means that each point in Space and Time is interconnected. In other words, everything within this world is omnipresent; there is not separation between one thing and another. Furthermore, all things within this place exist in in a state superposition, which means that each and every 'Here' point manifests all the possible probable states that it will ever have; all things exist at once, manifesting all possibilities, in an infinite, spacious 'Now'.

This means that space does not take up room like it does in the physical world; a giant universe can quite literally be contained in a grain of sand. Time like Space is unbound, and all time is simultaneous; the past, present, and future exist now, all at once. If space is like a musical note then time is like an intensity of focus; the more intensity, the longer the time.

It is also therefore possible to travel through time without having to travel through space, or vice versa.

“When you are courting a nice girl an hour seems like a second. When you sit on a red-hot cinder a second seems like an hour. That's relativity.” ― Albert Einstein

Thoughts and Emotions Manifest Instantly

Whatever you think or feel is instantly translated into experienced reality within the inner plane so you have to be really careful about what you think and express emotionally here. The physical world (our Home Station or plane) is quite thick, which means that it is vibrating at a pretty slow rate compared to the inner one. This is the reason why it takes a great deal of time and effort to manifest an event or an object in the physical world. In the inner plane though, which is vibrating at a much faster rate, the speed of manifestation can be instantaneous.

This can make traveling through some of this plane difficult because anything that you think about or react to can completely changes the scene that you were experiencing just a few seconds before. Instant manifestation also means that it is nearly impossible, until you learn to control your attention, to describe without prejudice what you have just witnessed in your travels.

I therefore do not describe the many planes that other writers sometimes speak of like:

- The Astral plane
- The Mental plane
- The Buddhic plane
- The Spiritual Plane
- etc.

I refrain from this because I honestly have never come across these places in my travels and I suspect that much of this material on different planes is the result of the traveler's expectations.

If you expect to see demons or angels, if you expect to only be able to do this or to feel that then you will because that is what you believe, expect, and therefore create; your manifestations are instant!

I find it best to think of the Grey Zone as a vast ocean that contains all other possible all-inclusive and separate worlds or planes of reality. These separate worlds float within this sea like pearls in the ocean. Their size is irrelevant and it is sometimes the case that one world exists within another, without ever interfering with the other world at all.

Within these all-inclusive other worlds, there are always laws that limit the range and possibility of energy, and therefore consciousness. Outside these worlds, in the Grey Zone, all such

laws do not apply and manifestation of any kind is always instantaneous. As such it is always best to leave all your baggage at home when you travel in here.

Multiple Probabilities

The outer edge of our physical realm is full of what can be referred to as probable realities; some of these are probable events and others are all-inclusive worlds in their own right.

In order to understand this, you must realize that every single physical action/decision that you make has a number of probable alternate actions/decisions as well. If you decide to go through one door for example, there is a probable event where you go through another and a probable event where you decide to go through a window instead. Each one of these probable actions exists somewhere in its own separate space and time coordinate. This is so firstly because consciousness must always express itself completely; consciousness cannot be restricted; if it doesn't express itself in one dimension then it will find a way to express itself in another.

Secondly, since expression is a form of energy projection, these energetic projections follow energetic law which means that this energy cannot be destroyed, it can only be changed over time. It is therefore the case that each of these probable actions will be expressed FULLY in a probable dimension somewhere.

As an example, think of a fine porcelain figurine and imagine that

someone has taken this beautiful figure and smashed it on the ground. Is this figurine lost forever?

In order to truly understand the answer to this question, you must begin to realize that there is no such thing as destruction. We live in what we consider to be a dualistic world; we believe that things are black or white, good or bad, joyful or sad, creative or destructive. The reality though is that nothing is ever destroyed and there are no absolutes because there is no end to reality. It is very difficult to understand this on the material level and this understanding will always escape you if you focus all your attention there.

The greater truth is that nothing is ever destroyed, and destruction is just another form of creation. The problem here begins as a result of our very limited awareness of time:

Remember time outside of our physical reality bubble is not linear. It is also the case that all possible events have an inner reality that extends into the Grey Zone. This is because all events are made up of vibrating energy and energy is multidimensional in nature; all our creations in this physical world extend beyond it into other worlds, the Grey Zone, and alternate probabilities.

In this infinite space-time, destruction is not possible and it is the answer to an old question, “If God is all-powerful, what happens if he makes a rock so heavy that he cannot lift it?”

If he can lift it then he is not all-powerful, and yet if he can’t lift it then he is also showing that he is not all-powerful as well; he/she/it is stuck in a catch-22.

One could say, if one believes in an all mighty being, that God did the one thing that many did not expect when they asked this question; he/she/it created a universe where this rock could not be lifted, and experienced that event fully with all its ramifications. He also created a universe where he could lift this rock and experienced that with all its ramifications. Within these two polarities there are infinite variations that are born from the possibility and the non-possibility of God creating this rock, not lifting, or lifting this rock.

That porcelain figurine still exists because there are probable worlds out there where it is still intact for one reason or another and has gone on to fulfill many other aspects of its personal existence. There are also probabilities were that figurine never existed at all. All variances exist and they exist like a blanketing cloud all around the physical world that we call home.

When we travel into the inner plane and make our way through the Grey Zone, we sometimes run into these probable realities.

There are four core dimensions of existence that an OBE traveler can encounter. From these spring a truly infinite number of other dimensions (or planes) that can also be explored by the intrepid OBE traveler. They are:

- Our physical universe where we find this beautiful blue planet and the seemingly infinite space all around us full of billions of other planets and galaxies.

- Within and around our physical universe there is also an incredibly intricate mesh, or web; a probability matrix. Within this matrix, all possible or probable actions are followed to their conclusion. These probable universes often develop their own quite separate and unique planes of existence and go on to develop to their full extent just like this world is doing. As they do so they also create other probable universes and this continues forever, so that in a quite literal way our smallest actions or thoughts help to create or augment new worlds of existence.
- Completely alien worlds that are as real and concrete as the physical one that we humans reside in. Some of these worlds are indeed so alien that they defy our ability to perceive them in any sane way.
- Complete events created by the conscious self or the greater psyche. These events, and the objects and individuals within them, are thought form creations that are manifested instantly in the Grey Zone. These phantom events can feel just like the physical world. However, they are completely mental creations in that all things within them are willfully created thought forms.

When you are traveling through the greater planes of existence, in the Out of Body condition, it is quite possible that you will run right into something that makes you question the validity of your experience. For example, you could go visit your mom's house while Out of Body. When you get there you might find that there is another completely weird house there or you might find yourself before a large prehistoric looking forest with signs of human life at all. As a result of this you might conclude that your OBE is a complete failure.

What could be going on here though, is that you have actually

crossed over into a probable universe; a universe where your mom might have bought a different house, a universe where your mom never existed, or perhaps even a probable universe where humanity never existed on this earth at all. These probable dimensions can indeed be events or worlds in and of themselves.

It is sometimes incredibly rewarding to explore these probable worlds because there is much to be experienced and learned from what could have been.

Other Planes (All-Inclusive Alien Worlds) Have Their Own Laws

As I said, the laws outlined above are what you will generally find when you are traveling Out of Body. There are times though when you will find yourself entering other complete planes that are quite separate, and yet connected to, the Grey Zone and the physical world where we all reside now. Even though you will essentially be in the powerful Out of Body condition, you should be very careful and take note that you might be affected by the new laws that affect this new alien plane.

For example, sometimes while dreaming you might find yourself in a dream where certain things are possible and other things are impossible. You might find yourself in a dream where colors seem far more vivid than they are in waking reality and each color seems to somehow correspond to your mood or the mood of others in the dream. You might find yourself in a dream where you are impossibly heavy and you can't move, or a dream where you are very light and the smallest thing can bowl you over. It is indeed he case that sometimes these odd dreams are your consciousness traveling to distant alien worlds where different energetic laws apply.

While in the Out of Body state, you are essentially dreaming awake

so what you do unconsciously in your dreams you can do consciously as an Out of Body traveler. In other words, you can travel to these alien worlds consciously while in the Out of Body state, and while in these worlds you will be subject to these world's laws.

The only way to deal with these new worlds and experiences is through control and discipline; knowing that you are safe in your double body, that your physical body is safe in our home world. It is good to note also that such deep excursions into other dimensions don't usually happen until you have become a confident OB traveler because getting to these places requires some skill.

If you do ever find that you have entered a completely alien world where you are having trouble navigating or even staying coherent, don't worry just try to move out of there or get back to your body using the techniques I mention in Chapter 9.

I, for example, once found myself in a place that instantly made me feel like I was so heavy that I could barely move my eyes around. It is very difficult to describe how frightening these events are at the time because it is so hard to put into words just how real this is when it is happening to you. When you are able to create a powerful and solid double body, all Out of Body Experiences become as real as anything that you could ever experience physically, so when I woke up in this place I felt very much like I was being crushed. Fortunately, this experience did not last very

long because my fright shot me right out of there and I instantly woke up safe at home, utterly fascinated by what had happened. So, don't worry, the double is powerful and you are protected.

There are beings in this physical world that are invisible to most, there are other travelers like us in the Grey Zone, and there are other alien beings existing in other alien worlds.

We Are Not Alone

This is perhaps the hardest thing to put your head around as an Out of Body traveler, and it is certainly the one thing that could land you in an insane asylum if you are not careful about who you share your experiences with.

Others visit this physical plane and we, consciously or otherwise, visit other worlds as well. In the Out of Body state, even while roaming around this physical plane, we will sometimes run into life forms (or a better description would be; other aware beings) that can seem quite alien to us.

In Chapter 9 I show you how to circumnavigate these beings if the need arises.

The general list of what you might run into is as follows:

Other Human out of Body Travelers Just Like You

Like people anywhere, some are great to meet and it is better to just stay away from others. These meetings are often quite rare.

Dead People

You will run into many people in your travels that are no longer alive in the flesh and blood sense. Again, some are interesting and rewarding to meet while others can be more pain than they are worth. These meetings are also quite rare and most often you will meet people you knew in one way or another.

Moths

I like to call these entities Moths because they are attracted to the light of consciousness. These are often multicolored jellyfish like creatures that come in all sorts of shapes and sizes. They are very attracted to human emotion. You might find for example that they will start to congregate around you if you are being highly emotional. If you are traveling through our physical world, you might find large congregations of them around areas where people are giving off great amounts of emotion like disaster zones, riots, concerts, etc. They also like to congregate around areas where seismic events are common because these areas also give off a type of electromagnetic energy similar to emotions that they must enjoy. These creatures are mostly benign; they are just scary as hell until you get used to them.

Non-Organic Predatory Life Forms

While in the Out of Body state you will run into predatory creatures like this from time to time. I tend to separate these

creatures into lower and higher orders. The lower order tend to look a lot like the Moths that I described above and you will find them in the same places as well. The difference between Moths and predators is that while the Moths will leave you alone for the most part, these predatory creatures will actively seek you out and try to hook onto you so that they can feed off your energy.

The higher order predators can look like anything that they want. This is because many of them are incredibly intelligent life forms that have the ability to actively control their energetic output. These creatures are very intelligent and will try to trick you by making you think that you are in the presence of something or someone that THEY are not. Their only real agenda is feeding off of your emotional energy so be prepared for quite a show if you are ever unfortunate enough to run into one.

Of all the denizens of the other worlds, these higher order predators are probably the most annoying and the most dangerous. This is because generally they love to try and scare you silly so that they can then lap up this emotional energy like a cat lapping up milk. In Chapter 9 I show you how to control your emotional energy while in your physical and double body which will allow you to overcome these creatures if you ever encounter one. When you can control your emotional energy you become very unappealing to them and they will leave you alone, this is because they can no longer manipulate you and feed off your energy so you become a waste of energy to them.

If you are interested in learning more about these creatures and how to beat them at their own game then I recommend my book, “Vampire's Way to Psychic Self-Defense.” In that book I show you how to feed off of these creatures as opposed to them feeding off

of you. This feeding technique can be done while in your double body and it is VERY effective. I do not describe these techniques here because it is a highly complex subject that I do not wish to simplify in order to try and fit it in to an already complex book. I personally feel that it was much more important to include the emotional energy control techniques presented in Chapter 9 because this technique offers so many benefits to the OB traveler.

Personal Thought Forms

For a time, the vast majority of the things that you see in your travels in the Out of Body state will be your personal thought forms. If you have read my books on servitor creation, then you have a pretty good understanding of what I mean by thought forms.

Basically you can say that all thoughts have form and so all thoughts are thought-forms; my convention to call them thought forms is to remind the reader that thoughts, especially in the inner realms, are NOT these wispy ethereal things like most believe, but are actually concrete things that have form like any other 'thing' in our world. In the inner planes, all thoughts are tangible and you can indeed smash into a thought-form wall just as easily as you can smash into a physical one in our dimension.

Without getting in too deeply into the thought-form subject in this book, most of the constructions that you might find in your inner environment are thought forms, just like in the physical plane. The big difference is the fact that in the inner worlds these thought form constructs are much more malleable and can change their

arrangement in an instant. This is unlike the thought forms that make up the objects of our physical world which are far more stable and usually require months or years to change form.

Using the dream analogy again, in a dream you might find yourself in a scene surrounded by many objects, most of these objects are thought constructs. These objects can be simple things like a chair or highly complex ones like a thought form person, who will seem as real to you as any person that you have ever met. These thought forms can even arrange themselves into a collectives or gestalts of many thought forms that then become an event like a forest on sunny day for example.

In the dream world, these thought form objects and event can be quite stable for a while and then suddenly change form in an instant so that one second you were sitting down on a chair in your sunny forest and the next you could find yourself swimming in the middle of the ocean. In the Out of Body condition then, your thoughts truly are things just like in your dreams, and highly unstable ones at that. The Energetic Control techniques I describe in Chapter 9 will also help you to deal with and overcome this instability.

Other People's Thought Forms

In your travels you will also run into the thought forms of other people. All people are constantly creating thought forms. Most of these have very little cohesive power and tend to be easily absorbed and transformed by your intent while others tend to be true thought forms, which means that they have much more

cohesive power and therefore cannot be ignored.

What this means is that while you are wandering through the physical world, or one of the many other dimensions that are open to you as an Out of Body traveler, you will sooner or later run into thought constructs that were created by another person. Usually these thought constructs are quite weak and will not pose much hindrance, while other times these constructs can be very strong and might require more effort on your part to circumnavigate them.

For example, you could be making your way through this physical world in the Out of Body state, flying above a typical city street, looking at real physical objects below you when all the sudden you run into something that is completely out of place, like maybe a large blue bear. This odd object is most likely a thought construct. If it is a thought construct that you have accidentally created or if it's a weak thought construct that someone else created, then it will most likely disappear as quickly as it appeared. If, on the other hand, it is a powerful thought construct, a thought form, created by someone else, then it won't disappear right away and it might even try to interact with you. Again the best way to deal with these things is through energetic control because in this way you become invisible to it and you can just go around it and continue your journey undisturbed.

True Aliens

There are indeed true aliens out there. I have not had a great deal of experience with these so I will not go on endlessly about how

many supposed types there are or what they all want.

What I can say about them is that there are three basic kinds:

1. The first kind are what you will find when you travel to other worlds. When you travel to these other worlds, or planes of existence if you like, you will be visiting them and not the other way around, so in that sense you will be the alien and not them. These aliens vary greatly; some do not look or act like anything resembling life as you know it, others look like and act like true alien creatures that could have come straight out of a science fiction book, while others seem to act and look just like us so that you would be hard pressed to find a difference between them and regular human beings. These alien encounters are a usually rare until you become very good at OBE travel and can go deep into the Dark Sea.

2. The second type could be called true aliens since they are sentient, and often very intelligent, beings from other interdimensional worlds, or planes of existence. Many of these encounters feel like accidents because they tend to appear before you like out of nowhere, morphing into odd and beautiful things, and then flashing just as unexpectedly out of your line of sight again. You know that it was an alien because this flash in and out is so powerful that it completely overshadows the scene that you were just experiencing, and once it is gone everything just goes back to normal.

   You might be surprised to know that these alien voyagers sometimes stumble into your dreams. When you encounter an alien like the ones mentioned above, you will usually note that your attention seems to be completely drawn to this one thing

in your vision. Often, it could be something ordinary looking like a tree, but as you focus more and more of your attention on it, it becomes incredibly intricate and beautiful (or perhaps repulsive). This tree might actually change shape before your eyes, perhaps turning into a lovely colorful bird (or bug) and fly off completely from your line of site. Once it's gone, things go back to how they were before your attention was hijacked.

3. Some of these alien travelers though have great control over their movements and seem to be able to manipulate perfectly in any dimension. These tend to be very advanced entities that have either mastered a very advanced form of locomotive technology or entities that no longer require any technology at all and have amazing control over their personal realities. These beings can essentially be like gods to us and tend to usually have agendas that are far beyond any human conceptions of good and evil.

   While it could be said that upon meeting one you could make the judgment that if it feels good to me then it must be good or vice versa, my opinion is that whether good or bad it is better to just give these beings a wide birth and let them get on with whatever they are doing. Again, the best way to deal with them is through Energetic Control. When these beings notice that you are advanced enough to be able to control your energetic output they tend to just leave you alone. My theory is that upon seeing that you are aware enough to have Energetic Control, they tend to think of you as life capable of not just sentience but also of self-direction or will. Seeing that you have will, they just leave you alone instead of using you like a farmer using a carrot.

This turned into a long appendix. The thing is that there is so much to say, and the data is so inextricably complex and interrelated, that I could write like this for years. It is also very difficult to figure out where to start and how to end it because our linear minds place value on things depending on what came first or what went last.

Everything is interlinked though, all is one. This is meant as just a VERY small byte of all that is found out there. I have tried to give general directions while at the same time labeling as little as possible (this has been a very difficult process I must admit) because as I have mentioned, when you go traveling out there it is crucial that you leave the baggage behind or else you will only find what I or others have written instead of this greater reality as it exists for you.

I am hoping that the material in this appendix will help you to navigate in the Out of Body state while at the same time keeping my own personal prejudices out of your journeys as much as possible.

APPENDIX B

Mental Projection

I have found that for some people it is much more enjoyable and it is much easier to attain Out of Body Experiences by forgetting about the astral/double body altogether and first trying what I referred to as Mental Projection. Mental Projection is very similar to what is sometimes called Remote Viewing. What you are actually doing in Mental Projection is projecting your mind to another place without the help of an astral or double body. In order to do Mental Projection, you must be in a very wakeful state and you can do it anytime during day or night, whenever you find a quiet moment for fifteen minutes to half an hour. Mental Projection is much easier for the ego handle because this method makes the ego feel like it is in complete control at all times. Mental Projection is therefore one of the best ways to become successful at Out of Body projection.

Once you have mastered this technique you can move on to developing your Double body using the techniques outline in Chapter 5 and Chapter 6 if you wish, or you can stick to just this method forever. I find that Mental Projection is great for when you just want to do a fast reconnaissance of a place, or for when you want to explore a complex idea within the Grey Zone. The Double Body on the other hand is the quintessential construct needed when you want to leave the physical realm completely.

In order to do mental projection:

- Find a nice quiet place where you can be alone for fifteen minutes to half an hour. Try to do this exercise when you are not mentally or physically exhausted because the trick to this exercise is to try to stay awake and consciously control the direction of your mind.

- Take a comfortable position, preferably on a chair.

- When comfortable and relaxed, take a few deep breaths. These should be nice and even breaths that allow you to cleanse your mind and relax completely.

- After about ten nice deep relaxing breaths, with your eyes open try to focus on your Home Station (see Chapter 4) for at least one full minute.

- Now, close your eyes and visualize a place where you would like to go. It can be anywhere you want; either the adjacent room or place that is many miles away. It is important that at the beginning of these exercises you know the place where you are going, that is you have been there before. As you become better at mental projection, you can pick new places where you have never been before; either on the other side of the world or the other side of the universe.

- With your eyes closed imagine this place as vividly as possible. Try to visualize with every one of your senses; that is don't just try to see the place but also try to hear the sounds from that place, feel the environment around you, smell the environment, and perhaps even taste the environment.

- If you are interested in exploring a concept instead of going somewhere then close your eyes after you have focused on

your Home Station for a minute and allow your senses to relax so that you are naturally carried away from your present moment and into the Grey Zone. At this point, you should start to experience visions or perhaps even hear strange sounds, but instead of just focusing on these, try to focus on the concept or idea that you wish to contemplate. Use the strength of your focus and attention to bring the idea that you want to study into your mind.

- In the Grey Zone, because of the great fluidity and power that your mind has there, you will be able to move ideas around easily, test probable scenarios, project into future possibilities, approach ideas from different angles, and even allow your subconscious mind to work with the concept that you are contemplating so that you can use the full power of your intellect on any problem.

- For fifteen minutes try to visualize that place or the concept that you wish to explore in the most detailed way possible. This can be a very hard thing to do because the mind has a natural desire to wander so it is up to you to stay focused on this place where you are trying to project and to keep bringing your mind back there if it does wander off. After a few minutes, it is also possible that you will start to get a little mentally tired and you might actually start daydreaming or even doze off a little. If this happens, catch yourself and bring yourself back to a conscious state. The idea is to consciously will your mind to a certain place or within the bounds of a certain concept, and avoid any kind of free-flow or wandering by the mind. When you are in free-flow, the mind takes off by itself and goes on autopilot, this is what you want to avoid.

- When you are in this place or idea where you have mentally projected yourself, try to become as aware as possible of all the things around you. It might be a good idea to have a pen and paper ready when you come out of your trance so that you can write down the details of what you saw or the perceptions that you came up with. While you do want to use your memory to get to that place or idea mentally, when you are there and feel that you are there mentally, I want you to take inventory of the things that you see and experience. Write these down when you come out of trance.

- After you have returned to your Home Station and are looking through your notes, see if there's any way that you can make sense of the new information that you might have discovered through your mental journey. While this might be a difficult thing to do, it can really help your ego awareness to understand that it has the possibility of being far more flexible in its perceptions.